The PURITY COOK-BOOK



The MASTERPIECE of MODERN KITCHEN LORE



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WESTERN CANADA FLOUR MILLS CO., LIMITED
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The PURITY COOK-BOOK

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WESTERN CANADA FLOUR MILLS CO. LIMITED

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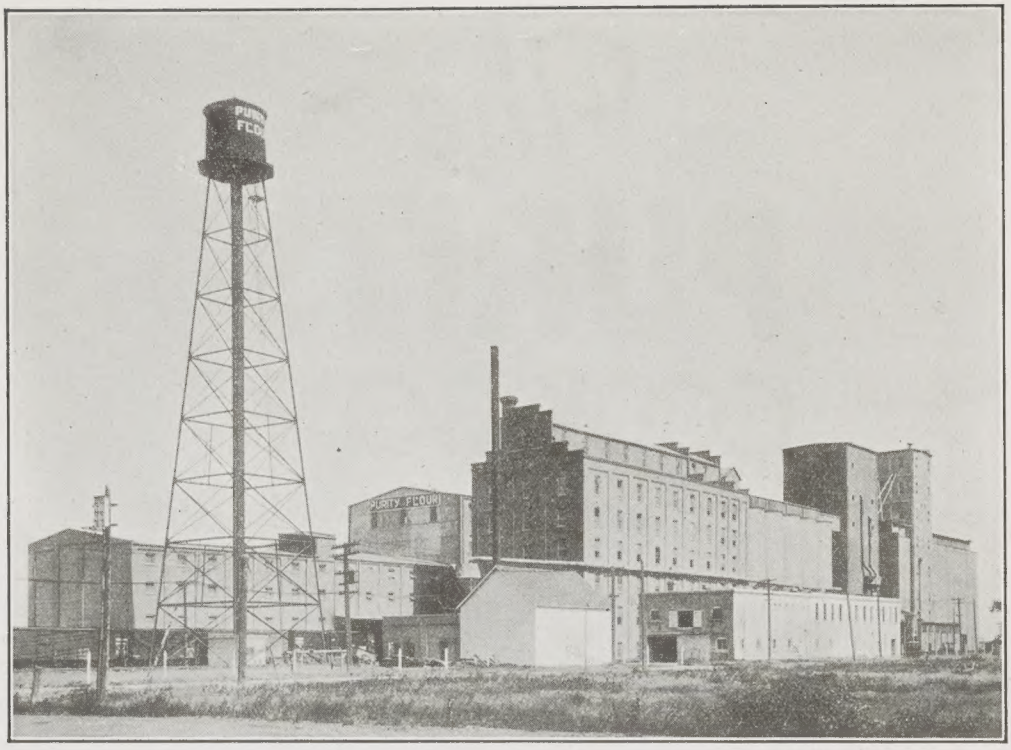
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Dear Madam:

In planning this edition of the Purity Cook Book the millers of Purity Flour set as their objective a book that you, as an experienced housewife, would endorse as a reliable guide "For All Your Baking."

The recipes in this book have been tested by a practical housekeeper, whose attitude toward her work has not been so much that of a teacher imparting instruction, but rather as one desirous of offering baking recipes that should give real satisfaction to Canadian women. Her work has been endorsed by residents in different parts of the Dominion, allowance being made, of course, for varying degrees of altitude—a subject that is given further attention in the introduction of our Cake Section.

The recipes in which flour is used have been tested with Purity Flour. Uniformity in quality, the corner-stone of this Company's business structure, is a dependable characteristic of Purity Flour. Your baking experiences, therefore, when using Purity Flour, as directed in the Purity Cook Book, should be free from those disappointments so often met on baking day.

We hope that you will like the manner in which the recipes have been arranged. This plan was decided upon after a careful survey. When writing the "Method" we exercised the greatest care to make each step in the formula clear to all—even to the individual whose knowledge of procedure in the art of baking is limited.

The special binding, which permits the book to lie flat when open for use, is another feature that we are sure will make the Purity Cook Book a general favorite.

The cost of producing the Purity Cook Book is far in excess of the amount asked. A casual examination lends assurance to the claim that this volume, from the standpoint of recipes and workmanship, compares favorably with any of the standard works on cooking and baking.

We hope that you will enjoy using the Purity Cook Book. If your baking with any of our recipes is not satisfactory, we shall be glad if you will write us. It will be a pleasure, indeed, to be of service to you.

WESTERN CANADA FLOUR MILLS CO., LIMITED.
Home Service Department, Toronto

The MASTERPIECE of MODERN KITCHEN LORE

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TABLE OF EQUIVALENTS

The recipes in this book call for standard spoons and 8-oz. measuring cups. The 8-oz. measuring cup is equal in volume to a half-pint wine measure When a milk bottle is used for measuring purposes, it should be noted that a Canadian pint milk bottle contains 20 ozs.—4 ozs. more than a pint wine measure.

All measurements are level.

3 teaspoons	1 tablespoon
4 tablespoons	¼ cup
2 cups	1 pint (16 ozs.—wine measure)
2 pints	1 quart (32 ozs.—wine measure)
2 tablespoons	1 fluid ounce

1 cup raisins weighs	6 ounces
1 cup currants	6 ounces
1 square chocolate or 4 tablespoons grated chocolate	1 ounce
1 cup shortening	7 ounces
½ cup uncooked rice boils to	1¼ cups

To measure shortening—e.g., ¼ cup shortening: Fill measuring cup to the three-quarter cup line with cold water, add sufficient shortening to bring water to the one-cup line, then pour off water.

TEMPERATURE CHART

Very slow	225 to 250 degrees
Slow	250 to 300 degrees
Moderate	300 to 375 degrees
Hot	375 to 475 degrees
Very hot	475 to 500 degrees



THE ART OF MAKING BREAD

GENERAL RULES

To make light, appetizing bread of good color, texture and keeping qualities, it is necessary to have *good bread flour* and *good yeast.* But even satisfactory materials will give disappointing results if they are not handled properly, and the application of the advice contained in the following discussion is therefore recommended.

Flour should always be stored in a dry place, free from odors. Sift flour as it is required, and, in cold weather, warm it before using.

Yeast may be obtained in the form of both dry and moist cakes. Moist or compressed yeast can be used in baking bread by any process, and is particularly useful in the quick methods. Dry yeast, which keeps much better than the compressed form, can be used directly in the overnight *sponge* process, but should not be employed when shorter methods are

followed, unless it is first made into an active ferment as described under "Home-made Yeast." Whichever kind of yeast is used, it should be as fresh as possible. If at all doubtful regarding the quality of yeast it is better to get a fresh supply rather than risk spoiling a whole batch of bread.

The SHORTENING may be lard, butter or prepared shortening.

CONSISTENCY OF DOUGH.—It is impossible to specify in any recipe the exact amount of flour required to a given quantity of liquid. In making bread with Purity Flour, the dough should be as soft as it can be for convenient handling, but should not be sticky. Be particularly careful in measuring the quantities of liquid and salt.

FERMENTATION CONTROL.—The proper regulation of the fermentation or "working" of the dough is of the greatest importance in bread making. Apart from the quantity of yeast used (and that is specified in the recipes) fermentation depends upon the temperature of the dough and the time of rising. An overworked dough, that is, a dough which has been kept too warm or allowed to rise too long, develops sour odors and gives loaves which are apt to possess, to a greater or lesser degree, the following characteristics:

Small size, pale-colored crust, rounded edges and corners, poor cutting qualities (crumbles easily), lack of flavor and poor keeping qualities (dries and stales quickly).

On the other hand, an underworked dough, that is, a dough which has been kept too cool or not allowed to rise long enough, gives loaves which are usually:

Small in size and possess a reddish-brown colored crust, sharp edges and corners, coarse texture and dark color.

If a dough rises very slowly it is generally because it has been mixed too cool or because an insufficient quantity of yeast has been used. When that happens it should be placed in a warmer place and the time of rising extended.

It will be seen that the control of temperature is of considerable importance in bread-making. Yeast-raised doughs should be mixed at 80 to 85 degrees F., and in getting the temperature within the desired limits an inexpensive dairy thermometer will be found of great value.

KEEP DOUGHS COVERED.—While doughs are rising they should always be kept well-covered, otherwise a crust will form upon the surface and cause dark streaks in the bread.

RISING IN THE PANS.—Under the Straight Dough process it is said that, after the pieces of moulded dough have been placed in pans, they should be allowed to rise until they are double the original bulk before placing in oven. This point should be watched carefully. If the dough is placed in the oven too soon, a small loaf of poor shape will be the result. If allowed to rise too much in the pan, either a loaf having a very open texture will be obtained

or the dough will sink in the oven. In shaping loaves for the pans do not handle any more than is necessary.

BAKING.—Individual pans of black sheet-iron are best for baking break. The oven should be fairly hot—400 to 425 degrees F. At this temperature loaves will be baked in 35 to 60 minutes, depending upon the size. When loaves are evenly browned and shrink from the sides of the greased pan, the baking is complete. Unless the oven bakes very evenly, the loaves should be turned after they have been in oven about 20 minutes. Immediately loaves are taken from oven, they should be placed on a rack until quite cool.

The bread-box should be kept clean by scalding and exposing to sunlight at frequent intervals.

1 WHITE BREAD

(Straight Dough or 4½ hour Method)

(4 loaves)

(About) 12 cups sifted Purity Flour
4 cups water
2 tablespoons shortening (melted)
3 tablespoons white sugar
2 tablespoons salt
2 compressed yeast cakes

Method:—Dissolve yeast in ½ cup lukewarm water.

In the remaining liquid (which should not be above 100 degrees F.) dissolve the sugar and salt; then add yeast.

Mix in sufficient flour to make a soft batter; add shortening and beat well. Stir in sufficient flour to produce a dough soft enough to handle conveniently, but not sticky. Turn out on floured board and knead until soft and elastic. (The temperature of the dough should now be between 80 and 85 degrees F.)

Place in a greased bowl, cover and let rise until it is double the original bulk; then punch down. Let rise again and, after punching down once more, divide into pieces which will half-fill baking pans.

Round these pieces into balls and let stand a few minutes; then mould into loaves and place in greased pans. Cover and keep in warm place while rising. When double in bulk, place in oven. (If the surface is pressed lightly with the finger, the slight depression thus made will remain when the loaves are ready for baking. Should the depression quickly disappear let rising continue a little longer.)

Bake in hot oven of 400 to 425 degrees for 35 to 60 minutes, depending on size of loaves.

NOTES

1. The liquid used may be plain water, potato water, milk or part milk and part water. When potato water is used, reduce the salt by amount used in cooking

potatoes. If milk is used it should be scalded and cooled.

2. Four cups of liquid yeast (prepared as given below) may be used in place of compressed yeast. If liquid yeast is used, reduce salt accordingly.

3. By the above method bread may be made in about 4½ hours. Equally good bread may be made with half the amount of yeast specified, but the process will take longer.

4. When quick results are desired, double the amount of yeast.

2 HOME-MADE YEAST

3 or 4 medium-sized potatoes
4 cups boiling water
1 cup Purity Flour
2 tablespoons salt
¼ cup white sugar
1 dry yeast cake dissolved in 1 cup lukewarm water

Method:—Cook potatoes in boiling water, strain and mash until free from lumps. Measure flour, salt and sugar into 3-quart bowl and pour over this mixture, boiling potato water, stirring rapidly. Add potatoes, mashed, and beat well; when lukewarm, add yeast. Keep warm for 4 to 5 hours, stirring down from time to time. Bottle, but do not cork tightly. Keep in a cool place. Stir before using. (Instead of a dry

TEA BISCUITS

(See Recipes No. 42 and 43)



yeast cake, half a compressed cake may be used or a cup of home-made yeast.)

3 WHITE BREAD

(Overnight Sponge Method)

12 cups sifted Purity Flour
4 cups water
2 tablespoons shortening
3 tablespoons white sugar
2 tablespoons salt
1 dry yeast cake

Method:—Dissolve yeast in ½ cup lukewarm water. To remaining lukewarm liquid, add salt, 1 tablespoon sugar, shortening and about one-half of the flour, or sufficient to make a stiff sponge. Beat thoroughly, cover and place sponge in moderately warm place (65 to 70 degrees) and let stand overnight. In the morning, add remainder of sugar and remainder of flour. Turn on to floured board and knead until dough becomes elastic to the touch and does not stick to board. Place in greased bowl, cover and let rise to double original bulk, then punch down. Let rise again, and, after punching down once more, divide into pieces which will half-fill baking pans. Round these pieces into balls and let stand for a few minutes, then mould into loaves and place in greased pans. When double in bulk place in oven. (If the surface is pressed lightly with the finger, the slight depression thus made will remain when the loaves are ready for baking. Should the depression quickly disappear let the rising continue a little longer.) Bake in hot oven of 400 to 425 degrees for 35 to 60 minutes, depending on size of loaves.

NOTES

1. Instead of a dry yeast cake, 1 cup of home-made yeast or one-half a compressed yeast cake may be used.
2. The liquid used may be plain water, potato water or part milk and part water.
3. When potato water is used, 2 or 3 mashed potatoes may be mixed with water if desired.
4. When potato water is used, reduce salt by amount added when cooking potatoes.

BREAKFAST, PARKER HOUSE AND CINNAMON ROLLS, Etc., FROM BREAD DOUGH

4 BREAKFAST ROLLS

Take bread dough when ready to shape into loaves. Cut into pieces according to size of roll desired. Shape with thumb and finger into round balls. Place close together in pan if preferred without a crust, or 2 inches apart on baking sheet if desired crusty. Brush with butter, cover closely and let rise until nearly three times their original size (about 1¼ hours). Bake in hot oven of 475 degrees for about 25 minutes.

5 PARKER HOUSE ROLLS

Divide dough into pieces and round into balls as described under Breakfast Rolls. Brush lightly with butter, cover and let stand for 10 minutes; then crease across centre with knife handle, brush one half with butter and fold other half over. Cover and let rise in warm place until twice original size (about 45 minutes); then bake for 15 minutes in hot oven of 475 degrees.

6 CINNAMON ROLLS

Turn bread dough, when ready to shape into loaves, on to baking board and roll out to a thin sheet. Spread lightly with melted butter, sprinkle with mixture of cinnamon and sugar (¼ cup sugar to 1 teaspoon cinnamon) and roll up like jelly roll. Cut into 1-inch slices and place close together, flat side down, in well-greased pan. Cover and let rise until very light (about 1¼ hours); then bake in moderate oven of 375 degrees for 20 minutes. As sugar burns easily protect the bottom of the pan from the heat.

7 BREAD STICKS

Method:—Take ordinary bread dough when it is ready to shape into loaves. Cut into pieces and roll under hands to about 4 inches long and thickness of a lead pencil; let rise until light, then bake in hot oven of 425 degrees until golden brown. When nearly baked glaze with white of egg.

8 CHELSEA BUNS

Take desired quantity of bread dough, when ready to shape into loaves, and roll to ¼-inch thickness. Spread with mixture of 3 tablespoons butter, softened, ⅓ cup currants, 2 teaspoons cinnamon and ½ cup brown sugar. Roll like a jelly roll and cut in slices 1 inch thick. Place in well-greased biscuit or muffin pans, flat side down, let rise again until very light, then bake in moderate oven of 375 degrees for 30 to 35 minutes. As sugar burns easily, protect bottom of pan from heat.

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9 DINNER ROLLS

½ cup scalded milk
2 tablespoons white sugar
½ teaspoon salt
½ compressed yeast cake dissolved in 2 tablespoons lukewarm water
2 cups Purity Flour
2 tablespoons melted butter
1 egg
Grated rind of lemon

Method:—Add sugar and salt to milk; cool to lukewarm; then add dissolved yeast and ¾ cup flour. Cover and let rise until 3 times original bulk; then add butter, well-beaten egg, grated lemon rind and 1¼ cups flour. Let rise again until 3 times its bulk; roll to ½-in. thickness. Shape with biscuit cutter and place on buttered pans close together. Let rise again until double in bulk, then bake in moderate oven of 375 degrees for 20 to 25 minutes. These rolls may be ready to serve in 3 hours if 1½ yeast cakes are used.

10 TEA ROLLS

1 compressed yeast cake
½ cup scalded milk
½ cup tepid water
2 tablespoons shortening
1 teaspoon salt
3 cups Purity Flour
1 tablespoon white sugar

Method:—Add shortening to milk and let cool to lukewarm. Dissolve sugar and yeast in water and add to milk. Beat in one-third of flour, using a strong rotary egg beater, and beat at least 4 minutes; then add remainder of flour with salt and knead thoroughly. Roll ¼ inch thick and brush lightly with melted butter; cut with biscuit cutter, crease and fold over into pocket shape, set to rise in warm place for 2 hours; then bake 15 minutes in hot oven of 400 degrees. (This makes 2 dozen rolls.)

11 WHOLE WHEAT OR GRAHAM BREAD

5½ cups Purity Whole Wheat Flour or Purity Graham Flour
1 cake compressed yeast
2 tablespoons shortening
½ tablespoon salt
2 tablespoons white sugar or ¼ cup molasses
1 cup lukewarm water
1 cup scalded milk (cooled)

Method:—Dissolve yeast in ½ cup of lukewarm water. In remaining lukewarm liquid dissolve salt and sugar, or add molasses (if used); then add yeast and mix in sufficient flour to make soft batter. Add melted shortening, and beat well. Mix in enough flour to produce a slack dough, but not sticky. Turn out on to floured board and knead well. Place in greased bowl and set aside to rise until double the original bulk; then punch down. Let rise again, punch down and divide into pieces, which will half-fill bread pans. Round pieces into balls and let stand for a few minutes. Mould into loaves and place in greased pans. Cover and keep in warm place while rising. Let rise until light (avoid letting loaves rise too high before placing in oven, as they are liable to fall). Bake in hot oven of 400 to 425 degrees for 40 to 60 minutes (according to size of loaves).

Note:—Purity Flour may be used with Whole Wheat or Graham Flour in above recipe, proportions to be governed by individual taste.

12 BROWN BREAD FROM AN OVERNIGHT SPONGE

To an overnight sponge, made as described under White Bread, add 2 tablespoons of white sugar and sufficient Purity Whole Wheat Flour or Purity Graham Flour to make a dough soft enough to be conveniently handled. If desired, sponge may be divided and part used for white bread and part for brown. After dough thus made has risen once, divide, mould into loaves and place in pans. Cover and set in warm place to rise until double in bulk, then bake in hot oven of 425 degrees for 40 to 60 minutes, according to size of loaves.

13 RYE BREAD

4 cups lukewarm water
6 cups sifted rye flour
6 cups Purity Flour
2 teaspoons salt
1 compressed yeast cake
2 tablespoons white sugar
2 tablespoons shortening

Method:—Dissolve yeast in half the liquid; then beat in 4 cups of rye flour. Let rise until sponge begins to settle. Add remaining liquid, sugar, shortening, Purity Flour, balance of rye flour, and salt. Mix and knead thoroughly and let stand 20 minutes. Mould into loaves and place in greased pans; cover and let rise in warm place for 40 minutes, or until they rise one-third their bulk. Bake in hot oven of 400 degrees for 40 to 60 minutes, according to size of loaves. When taken from oven, brush with water.

14 SALT-RISING BREAD

Yeast.—Pour 1 cup of boiling milk over 1 ounce Salt-rising Yeast. Cover and keep in warm place (90 to 100 degrees F.) for 9 hours. When gas begins to form, the mixture should be stirred and let stand 1½ hours until light and frothy. It is then ready for the sponge and should not be let stand until it is sour and thin.

NOTE:—It is important to keep the yeast at a high temperature, otherwise it may take 20 hours instead of 9 hours to get it started.

Sponge.—To the milk and yeast mixture, add ⅔ cup of hot water (100 to 120 degrees F.) and 2½ cups of Purity Flour. Mix lightly and let stand until the sponge falls (1½ to 3 hours, depending on the temperature).

Dough.—To the fermented sponge add ⅔ cup of hot water (110 to 150 degrees F.) and add ½ tablespoon salt, 1½ tablespoons sugar and 1½ tablespoons shortening. Mix, adding enough flour (about 4¼ cups) to make a smooth dough. Divide, mould into loaves and place in pans. Grease tops of loaves and set in warm place (100 to 115 degrees F.) until the dough doubles in bulk. Bake in a moderate oven of 325 degrees for 1 hour.

NOTE:—It is important to maintain the temperature given.

SWEET DOUGH FOR COFFEE CAKE, CINNAMON ROLLS, LUNCHEON AND TEA ROLLS

15 BASIC RECIPE

5½ to 6 cups sifted Purity Flour
1 cake compressed yeast
⅓ cup shortening
1 teaspoon salt
⅓ cup white sugar
1 egg
2 cups scalded milk (cooled)

Method:—Dissolve yeast in lukewarm milk. Cream sugar and shortening, add beaten egg, milk and yeast mixture, and salt. Add sufficient flour to make dough soft enough to be conveniently handled and knead until smooth. Place in greased pan;

cover and set in warm place to rise until double in bulk (about 2 hours). To make cakes and rolls proceed as follows:

16 COFFEE CAKE

Remove dough from pan and roll to 1½ inches thick. Cut into desired shapes. Let rise again until double in bulk. Brush tops with melted butter or white of an egg; sprinkle on this a mixture of cinnamon and sugar (¼ cup white sugar to 1 teaspoon cinnamon) and a few nuts finely chopped. Bake in a moderate oven of 375 degrees for 30 to 35 minutes.

17 BRAIDED COFFEE CAKE

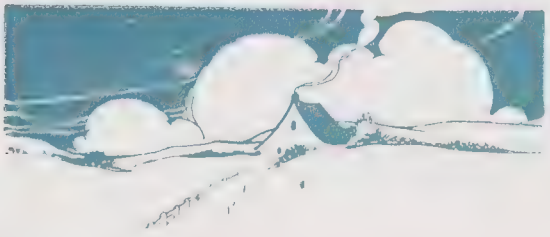
Divide dough into 3 equal parts, shaping each with palms of hands until they are about 1½ inches thick and 20 inches long. Press ends of strands firmly together and braid lengths. Bring these together to form a circle. Place in greased pan and set in warm place to rise until dough has doubled in bulk. Brush with melted shortening. Sprinkle with a mixture of 2 tablespoons white sugar, 1 teaspoon cinnamon and 2 tablespoons chopped nuts. Bake in a hot oven of 400 degrees for 20 minutes.

18 CINNAMON ROLLS

Remove dough from pan and roll to ¼-inch thickness. Spread on it 3 tablespoons butter and sprinkle over this a mixture of ¼ cup brown sugar and 1½ teaspoons cinnamon. Roll like jelly roll and cut in slices 2 inches thick. Lay flat side down on well greased pans. Cover and let rise until double in bulk. Bake in moderate oven of 375 degrees for 30 to 35 minutes. As sugar burns easily, protect bottom of pan from heat. Remove from pan while hot.

19 LUNCHEON AND TEA ROLLS

Cut dough into small, oblong pieces for luncheon rolls and smaller pieces for tea rolls, shaping with thumb and finger into desired shapes. Place about 2 inches apart on baking sheet, brush with butter, cover closely and let rise until nearly 3 times their original bulk. Bake in hot oven of 475 degrees for 15 minutes.



PURITY FLOUR
BEST FOR ALL YOUR BAKING

20 ICE BOX YEAST ROLLS

1 cake compressed yeast
½ cup lukewarm water
½ teaspoon white sugar
½ cup shortening
8 cups sifted Purity Flour
½ cup white sugar
1 egg
1½ teaspoons salt
2 cups scalded milk

Method:—Dissolve yeast in lukewarm water; stir in ½ teaspoon sugar. Cream shortening with ½ cup sugar and add beaten egg, scalded milk (which has been cooled to room temperature), salt, and finally the dissolved yeast cake. Stir in sifted flour a little at a time, until dough is stiff enough to knead. Knead on floured board for 10 to 15 minutes or until smooth and elastic. Form dough into a ball, place in a large greased bowl; brush the top with melted shortening to prevent a crust forming; cover and keep in a warm place (not hot) until dough doubles in size (3 to 4 hours). Turn out and knead again. Form into ball, return to greased bowl, brush again with melted shortening, cover and set in refrigerator until required; then roll dough like a jelly roll and cut into 1½-inch slices. Place on flat side in greased muffin tins, let rise until double in bulk and bake in hot oven of 400 degrees for 20 minutes.

Note:—This dough may be kept for a week in a refrigerator, though it may require kneading down occasionally.

21 COFFEE CAKE

(*Sponge*)

1 cup lukewarm water
1 teaspoon white sugar
1 teaspoon salt
2 cups Purity Flour
½ dry yeast cake dissolved in ¼ cup lukewarm water

(*Dough*)

1 tablespoon butter
2 tablespoons white sugar
2 eggs
About 4 cups Purity Flour
½ teaspoon salt
½ cup lukewarm water

Method:—Mix sponge ingredients, beat well and let stand in warm place over night. Dissolve sugar and salt in water and add to fermented sponge; then mix in butter and beaten eggs and add sufficient flour to make soft dough. Form into desired shapes and place in shallow pans. Brush top with melted butter. Sprinkle with white sugar and cinnamon (¼ cup sugar to 1 teaspoon cinnamon). Let rise until light. Bake in hot oven of 400 degrees for 20 minutes.

Note:—If 1 cake of compressed yeast, instead of ½ dry yeast cake, is used in above method, it will not be necessary to let stand overnight

22 HOT CROSS BUNS (1)

1 cake compressed yeast
⅓ cup butter
1 teaspoon salt
½ cup white sugar
2 eggs
½ cup currants
5½ to 6 cups sifted Purity Flour
2 cups scalded milk (cooled)
½ teaspoon cinnamon (if desired)

Method:—Dissolve yeast in lukewarm milk to which 1 tablespoon sugar has been added. Add 3 cups flour, beat until smooth and let rise until light (about 1¼ hours). Cream butter and sugar and add to sponge. Add well-beaten eggs, salt, currants, cinnamon, and sufficient flour to make a dough soft enough to be handled conveniently. Mix, turn out on board and knead lightly; place in greased bowl. Cover and let rise in warm place until double in bulk (about 1 to 1¼ hours), then shape into round buns; place in greased shallow pans about 2 inches apart; cover and let rise until light. Glaze with egg and water; press cross on each bun with back of a knife. Bake for 15 to 20 minutes in hot oven of 400 degrees.

23 HOT CROSS BUNS (2)

½ compressed yeast cake dissolved in ¼ cup lukewarm water
¾ cup white sugar
½ cup scalded milk
⅔ teaspoon salt
2 cups sifted Purity Flour
1 cup Graham Flour
1 egg
2 tablespoons shortening
1 cup raisins
½ teaspoon cinnamon
1 teaspoon cloves (optional)

Method:—Pour hot milk into bowl and add sugar, salt and shortening. Cool to lukewarm, then add dissolved yeast cake, well-beaten egg and flour sifted with spices; beat thoroughly. Cover and let rise in a warm place until double in bulk (about 1 to 1¼ hours); then shape into round buns; place on greased shallow pans, about 2 inches apart; cover and let rise until light. Glaze with egg and water. Press cross on each bun with back of a knife. Bake 15 to 20 minutes in hot oven of 400 degrees.

24 BOHEMIAN HOSKA

⅓ cup butter
½ cup white sugar
1 egg
1 compressed yeast cake dissolved in ¼ cup lukewarm water
(About) 6 cups sifted Purity Flour
2 cups milk
½ cup peel, chopped finely
½ cup almonds, chopped finely
½ cup raisins
½ teaspoon salt

Method:—Scald milk; cool. Cream butter, add sugar and well-beaten egg and add to milk. Add yeast; stir in 2 cups Purity Flour and beat until smooth. Cover and let rise in a warm place for 1 hour; then add chopped fruit, peel, nuts and salt. Add sufficient flour to make a soft dough; knead well. Let rise in warm place until double in bulk (about 1½ hours). Divide dough into three parts and braid; let rise 30 minutes; brush braid with egg beaten with 1 teaspoon cold water. Bake in moderate oven of 350 degrees for 50 minutes. Ice while warm.

25 RAISIN BREAD

5½ to 6 cups sifted Purity Flour
1 cake compressed yeast
4 tablespoons shortening
½ tablespoon salt
½ cup white sugar
1½ cups raisins
1 cup water
1 cup scalded milk

Method:—Dissolve yeast in ½ cup lukewarm water. Dissolve shortening, sugar and salt in milk; add remaining ½ cup water. Cool to lukewarm, add yeast and sufficient flour to make a stiff batter. Beat until smooth, cover and keep in warm place until light (about 1¼ hours). Add well-floured raisins and sufficient flour to make a moderately soft dough. Knead well; place in a greased bowl, cover and let rise until light (about 1¼ hours). Mould into loaves to half-fill pans, cover and let rise until double in bulk. Glaze with mixture of egg white and water and bake in hot oven of 400 degrees for 40 to 60 minutes, according to size of loaves.

Note:—Raisin Bread may be made with Purity Whole Wheat Flour by following above recipe.

26 CHRISTMAS BREAD

1½ cups lukewarm water
1 compressed yeast cake
2 cups Purity Flour
2 teaspoons salt
½ cup white sugar
½ cup lard
1 cup seeded raisins
1 egg
½ cup currants
1 teaspoon mixed spice
¼ teaspoon soda
Purity Flour

Method:—Dissolve yeast in ½ cup water and add to remainder of water in which 1 tablespoon of sugar and the salt have been dissolved. Beat in 2 cups flour, cover and let rise until light, then add melted lard, remaining sugar, spice, soda, beaten egg and floured fruit. Add sufficient flour to make soft dough; knead well. Place in greased bowl, cover and let rise until light (about 1¼ hours). Knead again and let rise until light. Knead again, and, after rising for the third time, mould into 2 loaves and place in greased pans. Let rise until double in bulk and bake in moderate oven of 375 degrees for 50 to 60 minutes.

To make bread of different colors, divide sponge into 3 parts, after ingredients have been added. To the first part add 1 tablespoon of yellow vegetable coloring, to the second, 1 tablespoon of green coloring, and to the third, 1 tablespoon of red coloring. Add sufficient flour to make soft doughs, and let rise, following directions as given above. Keep doughs separate until moulding stage is reached. At this point divide the dough into two and shape the pieces; then place a piece of yellow dough on bottom of each pan, cover with green dough and place red dough on top. Bake as directed above.

27 ORANGE BREAD

2 tablespoons melted shortening
2 tablespoons white sugar
1 teaspoon salt
1 egg yolk
¼ cup lukewarm water
(About) 4 cups sifted Purity Flour
1 cup orange juice
Grated rind of 2 oranges
1 cake compressed yeast

Method:—Dissolve yeast in water. Beat egg yolk until light; add shortening, sugar, salt, orange juice and rind, and yeast mixture. Mix in sufficient flour to make dough soft enough to be handled conveniently. Knead well. Place in greased bowl, cover and let rise in warm place until double in bulk. Form into loaf, place in greased pan, let rise until double in bulk; then bake for 45 to 60 minutes in moderate oven of 350 degrees.

QUICK BREADS

28 NUT BREAD

2 cups milk (or milk and water)
2 eggs
1 cup chopped nuts
4 cups Purity Flour
8 teaspoons baking powder
1 teaspoon salt
¼ cup white or brown sugar

Method:—Sift flour with baking powder and salt; add sugar and nuts. Add milk to beaten eggs and stir liquid into dry ingredients. Place in well-oiled pans, let rise for 20 minutes; then bake in moderate oven of 350 degrees for 45 minutes.

29 DATE BREAD

1 tablespoon butter
1 cup white sugar
1 teaspoon salt
1 egg
1½ cups Purity Flour
1 cup dates
1 teaspoon soda
1 cup boiling water

Method:—Sprinkle soda over dates and add boiling water. Cool, then add beaten egg, butter, sugar, and flour sifted with salt. Bake in oiled loaf pan in moderate oven of 300 to 325 degrees for 1 hour.

30 DATE AND NUT BREAD (1)

1 egg
1 cup white or brown sugar
4 teaspoons baking powder
1 cup dates, cut finely
3 cups Purity Flour
1 teaspoon salt
1½ cups milk
1 cup finely chopped walnuts

Method:—Beat egg; add sugar and milk. Add flour sifted with baking powder and salt; then add nuts and dates. Butter 4 baking powder tins and half fill with mixture. Let rise in warm place for 20 minutes. Bake in slow oven of 300 degrees for 45 minutes.

31 DATE AND NUT BREAD (2)

1 cup chopped dates
1 cup chopped nuts
½ cup butter
2 eggs
½ teaspoon salt
1 cup Purity Flour
1 cup Graham or Purity Whole Wheat Flour
1 cup brown sugar
⅓ teaspoon soda, dissolved in ⅓ cup warm water

Method:—Cream butter; add sugar, salt, well-beaten eggs and dissolved soda. Add flour, dates and nuts. Mix well and place in oiled baking pan. Bake in slow oven of 300 degrees for 1 hour.

32 DATE AND NUT BREAD (3)

1 cup mixed nuts
½ cup brown sugar
1½ cups milk
1 cup chopped dates
4 cups Purity Flour
4 teaspoons baking powder
1 teaspoon salt
1 egg
4 tablespoons butter

Method:—Sift flour with salt and baking powder. Cut in butter. Add sugar, dates and nuts. Beat egg; add milk, and stir into flour mixture. Place in oiled pans and let rise 30 minutes. Bake in slow oven of 250 degrees for 1 hour.

33 BRAN BREAD (1)

3 cups bran
3 teaspoons baking powder
2 cups buttermilk
1 teaspoon soda
2 cups Purity Flour
½ cup brown sugar
1 teaspoon salt
1 tablespoon molasses

Method:—Sift flour with baking powder and salt; add sugar and bran; dissolve soda in molasses; add buttermilk and stir liquid into flour mixture. Place in well-greased pans and bake in slow oven of 250 degrees for 1 hour.

Note:—For variation add raisins or nuts.

34 BRAN BREAD (2)

(1 loaf)

2 cups milk
1 teaspoon salt
4 tablespoons butter
4 tablespoons brown sugar
2 cups bran
2 eggs
2 cups Purity Flour
4 teaspoons baking powder

Method:—Sift flour with baking powder and salt; add sugar and bran, and cut in butter. Add milk to beaten eggs and stir into flour mixture. Place in oiled pan and bake in moderate oven of 350 degrees for 40 minutes.

35 MOLASSES BREAD

1 cup raisins
1 egg
1 teaspoon baking soda
1 cup molasses
1 cup walnuts (broken)
3 cups sifted Purity Flour
1 cup milk
½ cup white or brown sugar
¼ teaspoon salt

Method:—Beat egg, add sugar and milk. Add half of flour; then add molasses, nuts, raisins, salt, and remainder of flour. Lastly add soda, dissolved in a little hot water. Bake in 2 loaf pans in moderate oven of 350 degrees for 1 hour.

36 NEAPOLITAN BUNS

½ cup shortening
¾ cup brown sugar
1 cup buttermilk
1 egg
2¾ cups Purity Flour
½ teaspoon soda
2 teaspoons baking powder
½ teaspoon nutmeg
½ cup raisins (if desired)
½ teaspoon salt

Method:—Cream shortening; add sugar and beaten egg. Dissolve soda in buttermilk. Sift flour with baking powder, nutmeg and salt and add alternately with buttermilk to first

mixture. Lastly, add raisins (if used). Turn out on floured board and roll to 1-inch thickness. Cut with biscuit cutter, place on oiled baking sheet and bake in hot oven of 450 degrees for 15 minutes. Brush tops of buns with butter and sprinkle with sugar. These buns may be made with sweet milk by omitting soda.

37 QUICK ROLLS

2½ cups Purity Flour
½ teaspoon salt
2 teaspoons white sugar
3½ teaspoons baking powder
4 tablespoons butter
1 egg, beaten lightly, with enough milk added to fill 1 cup

Method:—Sift flour with sugar, salt and baking powder. Cut in butter, coarsely; moisten with milk and egg mixture, pat out on floured board to ¼-inch th ckness. Cut with biscuit cutter; brush with melted butter. Fold over and bake in hot oven of 450 degrees for 15 minutes.

38 SAVOURY ROLLS

Make dough as for Quick Rolls, cut with biscuit cutter, spread rounds with devilled ham; fold over and bake in hot oven of 450 degrees for 15 minutes.

39 WALNUT AND RAISIN ROLLS

To recipe for Quick Rolls add half-cup each of raisins and chopped nuts, before adding milk and egg mixture.

40 ORANGE ROLLS

2 cups Purity Flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon white sugar
Grated rind and juice of 1 orange
½ cup shortening
(About) ¾ cup milk

Method:—Sift flour with baking powder and salt, and add sugar. Cut in shortening, add rind and juice of orange and sufficient milk to make a dough that can be rolled out. Pat out on floured board to ½-inch thickness. Spread with orange filling (see Recipe No. 645). Roll like jelly roll, then cut into ¾-inch slices. Place on flat side in oiled baking pan and bake 20 minutes in hot oven of 475 degrees.

41 JOHNNY CAKE

1 cup sour milk
½ cup white sugar
1 egg
½ teaspoon salt
1½ cups Purity Flour
⅓ cup shortening
1 cup cornmeal
1 teaspoon soda dissolved in the sour milk

Method:—Cream shortening; add sugar, beaten egg and salt, then add milk, flour and cornmeal. Bake in greased pan in hot oven of 400 degrees for 30 minutes.

BISCUIT DOUGH RECIPES

GENERAL RULES

1. Collect ingredients and grease or oil pans.
2. Combine dry ingredients, carefully sifting flour, before measuring. Sift again to distribute baking powder and salt evenly through flour.
3. Measure shortening and cut into dry ingredients with knife or spatula, or work in with finger-tips if preferred.
4. Handle batter and dough as little as possible, as too much rolling and mixing develops gluten and tends to toughen the finished product.
5. Biscuits and muffins require a hot oven —about 475 degrees.

42 BASIC RECIPE

2 cups Purity Flour
1 teaspoon salt
1 tablespoon lard or shortening
1 tablespoon butter
4 teaspoons baking powder
¾ cup milk and water (half of each)

Method:—Sift flour with salt and baking powder 3 times. Cut lard or shortening and butter into flour mixture. Add liquid gradually, mix together and turn out on floured board.

43 TEA BISCUITS

Pat dough out with palm of hand to ½-inch thickness. Cut with cutter. Place on oiled baking sheet and bake 12 minutes in hot oven of 475 degrees.

44 SHORTCAKE

Add ¼ cup of white sugar to biscuit dough, before adding liquid, and, when cooked, place desired fruits between and on top.

45 APPLE ROLL

Roll out biscuit dough to ½-inch thickness, spread ½ cup butter over dough and sprinkle with ½ cup brown sugar and ½ teaspoon cinnamon. Pare and slice apples thinly, spread them over prepared dough and roll like jelly roll. Cut slices 1 inch thick. Place on flat side in oiled muffin tins and bake 20 minutes in moderate oven of 375 to 400 degrees.

46 ORANGE BISCUITS

Cut dough with cutter; dip 1 cube of loaf sugar in orange juice, moisten thoroughly and place a cube in centre of each biscuit. Sprinkle with grated orange rind and bake in hot oven of 475 degrees for 10 minutes.

47 CINNAMON ROLL

Roll out biscuit dough to ½-inch thickness, spread ½ cup butter over dough, then sprinkle ½ cup brown sugar, ½ cup raisins and 2 teaspoons

cinnamon over butter. Roll like jelly roll and cut in 1½-inch slices. Spread mixture of 6 tablespoons butter and 6 tablespoons brown sugar around sides and bottom of baking pan. Place slices of roll, flat side up, in pan, and bake for 20 minutes in hot oven of 450 degrees. Remove from pan immediately. As sugar burns easily, protect the bottom of the pan from the heat.

48 BUTTER CAKES

Roll dough to ¼-inch thickness, cut with biscuit cutter and place on hot, slightly greased griddle or frying pan; brown first on one side, then turn and brown the other. Split, butter liberally and serve hot.

49 CHEESE BISCUITS

Add ¼ cup grated cheese to ingredients of Basic Biscuit Dough before adding liquid.

50 FRUIT BISCUITS

Add 2 tablespoons white sugar and ½ cup dates or seeded raisins to dry ingredients of Basic Biscuit Dough.

51 MEAT ROLL

Roll out biscuit dough to ½-inch thickness; spread with mixture made of 2 cups left-over meat, seasoned with 1 chopped onion and salt and pepper. Roll like jelly roll; cut into 1-inch slices, and bake, flat side up, in moderate oven of 375 degrees for 20 minutes.

NOTE:—If a richer dough is preferred, increase quantity of shortening.

52 FISH ROLL

Flake finely 2 cups of cooked fish and season with salt and pepper. Spread over dough, following same method as for meat roll. Bake 20 minutes in moderate oven of 375 degrees.

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53 WHOLE WHEAT BISCUITS

1 cup Purity Flour
1 cup Purity Whole Wheat Flour
1 teaspoon salt
1 tablespoon lard or shortening
1 tablespoon butter
4 teaspoons baking powder
¾ cup milk and water (half of each)
1 egg
1 tablespoon white sugar

Method:—Sift white flour with salt and baking powder 3 times; add sugar and whole wheat flour. Cut lard or shortening and butter into flour mixture. Add gradually liquid mixed with beaten egg; mix together and turn out on floured board. Pat out with palm of hand to ½-inch thickness. Cut with cutter. Place on oiled baking sheet and bake 12 minutes in hot oven of 475 degrees.

54 SOUR MILK OR BUTTERMILK BISCUITS

2 cups Purity Flour
3 teaspoons baking powder
1 teaspoon salt
1 tablespoon each of lard and shortening
½ teaspoon baking soda
¾ cup sour milk or buttermilk

Method:—Sift flour with baking powder and salt. Cut in shortening or rub in with finger-tips. Dissolve soda in sour milk, or buttermilk, add gradually to flour mixture and mix until dough is soft. Turn out on lightly floured board, pat out with palm of hand to ½-inch thickness and cut with biscuit cutter. Bake in hot oven of 475 degrees for 12 to 15 minutes. One teaspoon of cream of tartar may be used instead of 3 teaspoons of baking powder.

55 EMERGENCY DROP BISCUITS

2 cups Purity Flour
4 teaspoons baking powder
1 cup milk or milk and water
1 teaspoon salt
2 tablespoons shortening

Method:—Sift flour with baking powder and salt. Cut in shortening. Stir in liquid and drop from spoon on oiled baking sheet. Bake in hot oven of 450 degrees for 15 to 20 minutes.

56 ENGLISH TEA BISCUITS

2 cups Purity Flour
¾ cup fine white sugar
½ cup butter
¾ cup milk
1 egg
3 teaspoons baking powder
1 teaspoon salt
½ cup currants or raisins
½ cup peel (chopped)

Method:—Sift flour with baking powder and salt; add sugar. Cut in butter; add peel and fruit. Add milk to well-beaten egg, and stir liquid into flour mixture. Place on floured board and pat or roll out to ½-inch thickness; cut with cutter; place on oiled baking sheet and bake in moderate oven of 350 degrees for 20 minutes. Serve hot.

57 SNOWBALLS

2½ cups Purity Flour
3 teaspoons baking powder
1 tablespoon shortening
Flavoring (vanilla, lemon or almond)
½ cup white sugar
2 eggs
1 cup milk
¼ teaspoon salt

Method:—Cream shortening; add sugar, beaten eggs, flavoring and milk. Add flour sifted with baking powder and salt. Beat well, and drop by teaspoons into boiling fat and fry a golden brown. Drain on unglazed paper and roll in powdered sugar before cool.

58 DOUGHNUTS (1)

2 eggs
¾ cup white sugar
1 cup sour cream
1 teaspoon soda
1 teaspoon cream of tartar
¼ teaspoon salt
(About) 3½ cups Purity Flour

Method:—Beat eggs; add sugar. Sift flour with soda, cream of tartar and salt and add, alternately, with sour cream, to first mixture. (Do not make dough too stiff.) Turn out on slightly floured board. Roll to ½-inch thickness, cut with doughnut cutter and fry in deep, boiling fat until golden brown, turning once in the process. Drain on brown paper.

59 DOUGHNUTS (2)

2 eggs
1 cup white sugar
2 tablespoons melted butter
½ teaspoon nutmeg
¼ teaspoon salt
⅔ cup milk
2 teaspoons baking powder
(About) 3 cups Purity Flour

Method:—Beat eggs; add sugar and butter. Sift flour with baking powder, salt and nutmeg and add, alternately, with milk to first mixture. Turn out on slightly floured board. Roll to ½-inch thickness. Cut with doughnut cutter and fry in deep, boiling fat until brown, turning once in the process. Drain slightly on brown paper, and roll in fine white sugar before cool.

60 DOUGHNUTS (3)

1 cup white sugar
2 eggs
1 cup milk
2 tablespoons melted shortening
1 teaspoon salt
¼ teaspoon ginger
½ teaspoon nutmeg
1 teaspoon cinnamon
3½ cups Purity Flour
2 teaspoons baking powder

Method:—Beat eggs, add milk, sugar and melted shortening. Sift flour with salt, spices and baking powder, and add to first mixture. Turn out on slightly floured board and roll to ½-inch thickness. Cut with doughnut cutter and fry in deep, boiling fat until golden brown, turning once in the process. Drain slightly on brown paper, and roll in fine white sugar before cool.

NOTE:—Fat is at the right temperature for frying doughnuts when it browns a cube of bread in 70 seconds.



COCKTAILS AND CANAPES

61 CRABMEAT COCKTAIL (Individual)

Arrange ⅓ cup diced crabmeat in each cocktail glass and pour over it the following cocktail sauce:

62 COCKTAIL SAUCE

1 tablespoon catsup
½ teaspoon lemon juice
¼ teaspoon Worcestershire Sauce
1 teaspoon prepared horseradish
½ teaspoon olive oil
½ teaspoon finely chopped onion
½ teaspoon celery salt
½ teaspoon minced green pepper

Method:—Combine ingredients in order given. Chill thoroughly. (This sauce may also be used for lobster, scallops or shrimps.)

63 OYSTER COCKTAIL (Individual)

4 raw oysters
1 teaspoon tomato catsup
¼ teaspoon lemon juice
⅛ teaspoon salt
1 teaspoon celery, chopped finely
¼ teaspoon Worcestershire Sauce

Method:—Combine ingredients; chill thoroughly.

64 SARDINE CANAPE

Spread sardines from which bones have been removed, on toasted bread; cut in desired shapes. Place a stuffed olive in centre of each piece of toast.

65 SKYSCRAPER CANAPE

6 rounds of bread
½ cup devilled ham
¾ cup mayonnaise
Lettuce leaves
3 tomatoes, sliced
1 green pepper
6 slices cucumber
6 stuffed olives
1 teaspoon capers
1 tablespoon horseradish

Method:—Toast bread on one side and spread untoasted side with devilled ham mixed with ¼ cup mayonnaise; arrange on lettuce leaves. Peel tomatoes and place a thick slice on each round. On each tomato slice, place ring of green pepper and slice of cucumber, and top with stuffed olives and a few capers. Garnish with remainder of mayonnaise mixed with horseradish.

66 TOMATO COCKTAIL

2 cups strained canned or fresh tomatoes
2 teaspoons finely chopped onion
4 teaspoons finely chopped green pepper
1 teaspoon salt
1½ teaspoons Worcestershire Sauce
Few grains pepper
1 teaspoon celery salt

Method:—(If fresh tomatoes are used, peel and press them through potato ricer.) Combine ingredients; chill thoroughly and serve in cocktail glasses.

67 TOMATO JUICE COCKTAIL

3 cups canned tomatoes
2 stalks celery
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1 teaspoon white sugar
½ teaspoon salt
¼ teaspoon pepper

Method:—Combine ingredients and simmer in closely covered saucepan for 15 minutes. Strain. Serve, thoroughly chilled.

68 GRAPE FRUIT COCKTAIL

Cut pulp from halves of grapefruit. Remove pith. Place pulp and juice back in rind. Pour over each half of fruit, 1 tablespoon honey and let stand 1 hour. Just before serving pour into fruit 1 tablespoon wine. Serve cold.

69 MIXED FRUIT COCKTAIL

Juice of 2 grapefruit
Juice of 2 oranges
1 cup shredded pineapple
1 cup white sugar or honey

Method:—Combine ingredients and place in glasses. Serve cold with a few cherries in each glass.

70 BANANA COCKTAIL

2 bananas, cut into cubes
Pulp and juice of 1 grapefruit
4 red cherries, cut in pieces
⅓ cup French dressing

Method:—Combine ingredients; chill, and serve on lettuce leaves placed in cocktail glasses.

71 HORS D'OEUVRES

Use pate de foie gras as it is; or caviar seasoned with lemon juice, or eggs, boiled hard and chopped, shellfish or cooked rice mixed with mayonnaise dressing. Serve on toast, or in lettuce heart, celery stalk, or in cucumber slices 1 inch thick, from which the centre has been removed. Arrange on a tray with sprays of watercress.



SOUPS

The main reasons for serving soup are: First, as an appetizer to stimulate appetite and aid digestion. Secondly, as an actual part of the meal, in which case it must have many nutritive qualities, for therein lies the real value of soup.

The first, or appetizer group, includes clear soup, consomme and bouillon and should be served as first course of a heavy dinner or luncheon. The second or nutritive group includes cream soups, bisques and chowders served as a main course for luncheon or supper.

Soup stocks are of two general classes, thickened and unthickened. In all of these meat stock forms the basis.

72 BROWN SOUP STOCK

(4 cups)

2 lbs. meat and bone
6 cups cold water

For brown soup stock use fresh beef or trimmings and bones of cooked meats—beef, lamb or pork. Let half of meat and bones stand in cold water for 1 hour. Cut remaining meat into small pieces; roll in flour; brown in a little fat in hot frying pan and add to bones and water. Bring to boiling point and simmer for 3 hours. Strain through moistened cheese cloth.

73 WHITE SOUP STOCK

Use veal or chicken. Cut meat into small pieces; add bones and let stand in cold water for 1 hour. Bring to boiling point and simmer for 3 hours. Strain through moistened cheese cloth.

74 BOUILLON

(4 cups)

2 lbs. meat and bone
6 cups cold water
1 small onion
½ cup carrots (diced)
½ cup turnips (diced)
4 cloves
6 pepperberries
1 bay leaf
1 teaspoon mixed sweet herbs
1 spray parsley
½ cup celery (diced)
1 teaspoon salt

Method:—Cut meat into small pieces, add bone, and let stand in cold water for 1 hour. Bring to boiling point and simmer for 2 hours. Add vegetables and seasonings and cook 1½ hours longer. Strain through moistened cheese cloth.

75 TO CLEAR SOUP STOCK

4 cups soup stock
White and shell of 1 egg
¼ cup cold water

Method:—Cool stock and remove fat. Beat white of egg slightly; add shell (crushed), then add to stock and mix thoroughly. Bring slowly to boiling point, stirring constantly, and boil 5 minutes; add seasonings as desired. Let stand 5 minutes, add cold water, and when settled strain through thick cotton placed over strainer.

76 CONSOMME

3 lbs. beef, lower part of round
1 lb. marrow bone
3 lbs. knuckle of veal
12 cups water
¼ cup each carrots, turnip, celery, and onions (diced)
1 tablespoon salt
6 peppercorns
3 cloves
2 sprigs thyme
2 sprigs parsley
½ bay leaf

Method:—Cut beef in 1-inch cubes and brown one-half of it in fat from marrow bone. Place remaining half of beef in kettle with cold water and salt, add veal, cut in pieces, browned meat and bones. Let stand 1 hour; bring slowly to boiling point, and simmer 5 hours, removing scum as it forms on surface. Add vegetables scalded, and seasonings; cook 1 hour longer. Strain, cool quickly; remove fat and clear, following the method given for clearing soup stock.

77 VARIATIONS OF CLEAR SOUP

4 cups bouillon
2 tablespoons each of cooked carrots and turnip cut in cubes or strips
1 tablespoon each of cooked peas and string beans

Method:—Heat bouillon, add vegetables; reheat and serve.

78 TOMATO STOCK SOUP

3 cups soup stock
2 cups canned tomatoes
1 teaspoon white sugar
2 tablespoons green pepper, chopped
2 tablespoons lean, raw ham
½ tablespoon butter
1 teaspoon salt

Method:—Cook ham and pepper in butter 5 minutes; add stock, tomatoes, salt and sugar, and simmer one-half hour. Strain and serve.

79 NOODLE SOUP

4 cups brown soup stock
2 tablespoons noodles

Method:—Cook noodles in boiling salted water until tender; drain and add to soup stock. Reheat and serve.

Note:—Two tablespoons macaroni or 1 tablespoon rice or barley may be added to soup stock instead of noodles, or 1 tablespoon sago or tapioca, previously soaked, may be cooked in stock until clear.

80 CHICKEN SOUP

1 to 3 lbs. fowl
2 quarts cold water
3 tablespoons cooked rice
2 teaspoons salt
⅛ teaspoon pepper
1 teaspoon minced parsley

Method:—Reserve breast of fowl; cut remainder into small pieces. Place in kettle with cold water and salt; break bones and add to kettle; then place breast on top of meat. Simmer

4 hours, removing breast when tender. Remove scum as it forms on surface. Strain; add rice, breast cut in dice, pepper and parsley.

81 JELLIED CHICKEN BOUILLON

5 cups well-seasoned chicken stock
2 tablespoons granulated gelatine
½ cup cold water
Few slices lemon rind

Method:—Clear stock, following directions given for clearing soup stock. Add lemon rind and bring gradually to boiling point. Add gelatine dissolved in cold water and strain through moistened cloth into shallow pan rubbed lightly with olive oil. When set, cut in cubes and serve in bouillon cups.

82 MULLIGATAWNY SOUP

6 cups chicken stock
2 tablespoons minced ham
¼ cup each of minced celery, carrots and onions
Slices of lemon
2 tablespoons diced apples
½ cup tomatoes
½ teaspoon curry powder
1 teaspoon butter
⅓ cup boiled rice

Method:—Melt butter, add ham, onions, celery, carrots and curry powder and simmer 5 minutes. Add stock and cook 10 minutes, then stir in apples, tomatoes and rice and cook 15 minutes longer. Serve with slices of lemon.

83 WHITE BEAN SOUP

1 cup white beans
4 cups meat stock
1 onion, diced
½ carrot, diced
1 bay leaf
½ teaspoon soda
Salt
Pepper
4 tablespoons Purity Flour
2 tablespoons butter or dripping

Method:—Soak beans overnight; then rinse and boil 5 minutes in water to which soda has been added. Rinse again, add vegetables and seasonings and boil slowly in 2 quarts of water until soft. Rub through coarse sieve into meat stock, reheat and thicken with flour and fat rubbed together. Serve with croutons or hot crackers.

84 SCOTCH BROTH

3 lbs. mutton
8 cups cold water
1 tablespoon salt
1 sliced carrot
2 sliced onions
½ cup celery, diced
½ cup rice or barley, soaked overnight
1 teaspoon Purity Flour for thickening

Method:—Cut meat into small pieces. Place in kettle with carrot, celery, onions, salt and water. Heat gradually to boiling point and simmer until soft. Strain through moistened cheese cloth. Reheat to boiling point, add cereal and cook until tender. Thicken with flour mixed with a little cold water. Stir, and cook a few minutes. Serve.

85 OX TAIL SOUP

1 oxtail
Water
2 onions
2 carrots
1 turnip
2 stalks celery
12 peppercorns
1 tablespoon Purity Flour
1 sprig each parsley and thyme
2 cloves
1 bay leaf
Salt
4 tablespoons butter or dripping

Method:—Cut oxtail into small joints; place in stewpan; cover with cold water, bring to boiling point; strain. Dry pieces of tail, roll in flour (not taken from listed ingredients) and fry vegetables and meat in butter or dripping in stew-pan until brown. Add 2 quarts water and seasonings; boil and skim. Cover and simmer 4 hours. Strain through moistened cheese cloth. Return soup to stew-pan and when at boiling point thicken with flour mixed with a little cold water. Stir and cook for a few minutes. Serve.

86 SPLIT PEA SOUP

1 cup dried split peas
12 cups cold water
A small piece of fat salt pork
2 tablespoons Purity Flour
1 onion
1 ham bone
Pepper and salt

Method:—Soak peas overnight; drain, add cold water, pork, ham bone and onion. Simmer 3 or 4 hours, or until peas are soft. Strain; then add flour mixed with cold water, to soup. Add seasonings. Serve.

87 FISH BISQUE

2 cups cooked white fish, minced fine
1 tablespoon butter or bacon dripping
1 tablespoon Worcestershire Sauce
2 cups hot milk
½ teaspoon salt
4 cups chicken stock
1 tablespoon Purity Flour
½ cup cracker or fine dry bread crumbs

Method:—Melt butter or dripping; add flour and seasonings and gradually add milk. Bring to boiling point, stirring constantly; then add fish and crumbs; combine with stock and reheat.

88 DELICIOUS FISH CHOWDER

1 lb. haddock, cod or halibut (diced)
4 medium-sized potatoes (sliced)
3 slices fat salt pork (diced)
4 cups water
3 medium-sized onions
¼ teaspoon white sugar
(About) ¾ cup cracker crumbs
4 cups milk
Salt and pepper
¼ teaspoon curry powder

Method:—Boil potatoes in water. Drain, mash and return to water in which they were boiled. Fry pork, add onions and cook slowly in fat, then add potatoes, fish, sugar, curry powder and milk. Cook gently for 30 minutes; thicken as desired with cracker crumbs. Season with salt and pepper.

89 OYSTER SOUP

4 cups milk
2 tablespoons butter
½ cup rolled cracker crumbs
24 oysters and liquid
1 teaspoon salt
⅛ teaspoon white pepper

Method:—Heat milk; add butter, salt and pepper; when hot, add oysters and liquid and boil slowly until edges of oysters begin to curl. Remove from fire and thicken with cracker crumbs. Serve at once.

90 CREAM OF POTATO SOUP

4 cups milk
1 cup mashed potatoes
1 small onion
2 tablespoons butter
2 tablespoons Purity Flour
½ teaspoon celery salt
1 teaspoon salt
Few grains white pepper
Few grains cayenne pepper
1 teaspoon chopped parsley

Method:—Melt butter, blend in flour and seasonings, add milk scalded with onion, then add gradually to potatoes. Reheat and add chopped parsley and cook 1 minute before serving.

91 CREAM OF TOMATO SOUP

2 cups tomatoes
4 cups milk
⅛ teaspoon soda
1 slice of onion
3 tablespoons butter
4 tablespoons Purity Flour
1 teaspoon salt
⅛ teaspoon white pepper
Few grains cayenne pepper
2 teaspoons white sugar

Method:—Simmer tomatoes with sugar for 15 minutes; strain and add soda and seasonings. Scald milk with onion in double boiler. Remove onion; add flour well blended with butter to milk and cook, stirring constantly, until thick. Add tomato mixture, slowly. Serve at once.

92 CREAM OF CORN SOUP

1 can corn
2 cups cold water
4 cups milk
1 sliced onion
2 tablespoons Purity Flour
1 teaspoon salt
⅛ teaspoon white pepper
2 tablespoons butter

Method:—Boil corn and union until soft enough to force through potato ricer. Thicken milk with flour mixed with a little cold water; then add corn pulp, butter, water and seasonings. Reheat and serve.

93 GREEN PEA PUREE

2 cups green peas
1½ cups boiling water
1 teaspoon white sugar
2 tablespoons butter
2 tablespoons Purity Flour
1 teaspoon salt
⅛ teaspoon white pepper
2 cups milk

Method:—Cook peas in boiling water until soft; press through coarse sieve (there should be 2 cups of pulp and liquid). Blend flour with butter; add sugar and seasonings; add milk gradually and cook until thick, stirring constantly; then add pulp and liquid. Reheat and serve immediately.

94 CREAM OF CAULIFLOWER SOUP

½ cauliflower
2 cups chicken or veal stock
2 cups milk
½ cup cream
1 tablespoon Purity Flour
½ teaspoon salt
Few grains cayenne pepper
1 tablespoon butter

Method:—Soak cauliflower head down in cold salted water 1 hour; then cook in boiling salted water 25 minutes. Heat stock and milk. Cut flowerlets from cauliflower; force remainder through sieve and add to stock and milk. Add flour well blended with butter and cook 1 minute. Add seasonings, cream and flowerlets. Serve immediately.

95 CREAM OF CARROT SOUP

2 cups water
2 cups carrots
1 small onion
2 cups milk
2 tablespoons butter
4 tablespoons Purity Flour
1 teaspoon salt
⅛ teaspoon white pepper

Method:—Wash, scrape carrots; cut in small pieces and cook with onion in boiling water until soft. Press through sieve (there should be 2 cups pulp and liquid). Blend butter with flour; add milk gradually and cook until thick, stirring constantly; then add seasonings and carrot pulp and liquid. Reheat and serve immediately.

96 CREAM OF CELERY SOUP

2 cups boiling water
1 teaspoon salt
⅛ teaspoon white pepper
3 cups celery
2 tablespoons Purity Flour
2 tablespoons butter
2 cups milk

Method:—Wash and scrape celery; cut into 1-inch pieces and cook in boiling water until soft; rub through sieve. Blend flour with butter; add milk gradually and cook until thick, stirring constantly; add seasonings, celery pulp and liquid. Reheat and serve immediately.

97 CREAM OF ASPARAGUS SOUP

Drain large can of asparagus; remove tips, put remainder of asparagus in liquid drained from can and cook until tender. Rub through a strainer (but do not discard liquid). Melt 2 tablespoons butter, add 1 tablespoon Purity Flour, mix well and cook until frothy; then add 2 cups milk and cook until creamy. Add asparagus pulp and liquid, 1 teaspoon salt and asparagus tips. Heat thoroughly. A teaspoon of whipped cream may be added to each serving.

98 COLD FRUIT SOUP

4 cups fruit
4 cups cold water
Juice of ½ lemon
½ cup white sugar
2 tablespoons cornstarch, or
1 tablespoon arrowroot, dissolved in 3 tablespoons cold water

Method:—Pour water over fruit; bring to boiling point, add sugar, and cook until soft. Press through sieve, then return to fire and bring to boiling point; add cornstarch or arrowroot and boil 2 minutes. Remove from fire and add lemon juice. Chill. Serve in sherbet glasses.

FISH SECTION

SUGGESTIONS IN SELECTING, PREPARING AND COOKING OF FISH

Because fish spoils quickly it is necessary that it be used when fresh and in season. Freezing reduces flavor and changes texture; flesh of fish is not as firm as when fresh and breaks easily during cooking.

For baking, select medium-sized fish, as salmon-trout, white fish, haddock, pickerel, or a thick piece of large fish such as salmon, halibut or cod.

For boiling or frying, use small fish such as speckled trout, perch or bass, or steaks of large fish.

For invalids, select fish which are not too rich, such as white fish, halibut, bass or trout. They should be broiled or baked.

The flesh should be firm, should show no discoloration, and should not have strong odor. The eyes should be clear, the gills red and scales bright.

To remove earthy taste from fresh-water fish, especially bass, sprinkle with salt and let stand a few hours or overnight. Rinse off and dry. Fresh-water fish should never be soaked in water except when frozen, when they may be placed in ice-cold water to thaw just before cooking. Salt fish may be soaked overnight in cold water (skin side up) changing water once or twice if very salty.

To remove scales, hold fish by tail, loosen scales with knife, keeping knife close against the fish to prevent scales from flying. Remove fins. Remove head and tail (these are sometimes left on if fish is to be baked). If head is left on, remove eyes with a sharp knife. Open abdomen, clean out thoroughly, wash inside and out, sprinkle inside of fish with salt, then wash thoroughly with cold water and dry.

To bone fish, remove large bones near head, then slip a sharp knife under flesh close to back bone. Work flesh from bones on one side from head to tail, then from the other side and remove all small bones.

Fish should always be well cooked, being both unpalatable and unwholesome when underdone. It is cooked when flesh becomes flaky and separates easily from the bone. One of the most essential things in serving fish is to have everything hot and quickly dished so that all may go to the table at once. Method of cooking which retains most nourishment is broiling.

Where runs the river? Who can say,
Who hath not followed all the way
By alders green and sedges gray
And blossoms blue?

Where runs the river? Hill and wood
Curve round to hem the eager flood,
It cannot straighten as it would
Its path pursue.

Yet this we know; o'er white plains
Or rocks or waterfalls it strains,
At last, the vast, the stream attains;
And I, and you.

FRANCIS WM. BOURDILLON.

99 BROILED FISH

Prepare fish for cooking. If fish is dry, brush over with melted butter, season with salt and pepper and put in hot, greased broiler. Sear flesh side first, then cook with moderate heat, turning 3 or 4 times. Serve, garnished with parsley or lemon.

100 BOILED FISH

Put fish into large pan; add enough tepid water to cover it. Add salt and enough vinegar to flavor water. Boil gently until fin or tail bone will come out if lightly pulled. When cooked, lift fish carefully out of water and drain. Serve with melted butter

101 CURRIED COD

2 slices cod or left-over cod fish
3 tablespoons butter
1 onion, sliced
1 cup white stock
1 tablespoon curry powder
Thickening made of 1 tablespoon melted butter and 3 tablespoons Purity Flour
½ cup cream
Salt and cayenne pepper to taste

Method:—Flake fish and fry with butter and onion to golden brown. Place in saucepan; add stock and thickening; simmer for 10 minutes; then add curry powder mixed with cream, and salt and pepper. Bring to boiling point. Serve.

102 CURRIED FINNAN HADDIE

Cook 2 tablespoons butter with ½ sliced onion until onion is soft but not brown. Add mashed yolks of 2 eggs, boiled hard, and 1½ cups milk. Add 1 teaspoon curry powder dissolved in a little milk, ¼ cup boiled rice, ½ teaspoon salt, ¼ teaspoon pepper and 2 cups flaked left-over haddie. Serve in casserole with browned crumbs sprinkled on top, or on platter with rice border.

103 BAKED SALMON LOAF

1 can salmon
2 cups mashed potatoes
1 cup browned cracker crumbs
2 cups parsley sauce
Salt and pepper to taste

Method:—Grease mould with butter, sprinkle in few cracker crumbs and line with mashed potatoes. Drain oil from salmon and remove skin and bones. Season with salt and pepper and pack in mould. Cover with layer each of potatoes and cracker crumbs. Place a few pieces of butter on top and bake ½ hour in hot oven of 400 degrees. Turn out on platter and serve with egg and parsley sauce (see Recipe No. 694).

104 CREAMED SALMON IN PURITY PUFF PATTIES

1 can salmon
1 cup milk
2 tablespoons Purity Flour
2 tablespoons butter
1 teaspoon parsley (chopped)

Method:—Melt butter, add flour; stir together until flour begins to cook; then add milk, stirring constantly; boil until smooth and add parsley and salmon. Heat salmon through, then serve in Patty Shells (see Recipe No. 473).

105 SALMON CROQUETTES

1 can shredded salmon
⅔ cup cream
1 tablespoon butter
1 tablespoon Purity Flour
2 eggs
1 cup bread crumbs
Salt and pepper to taste

Method:—Place cream in double boiler, bring to boiling point, add flour mixed with butter, salmon and seasoning. Boil 2 minutes. Cool and form into croquettes. Dip in beaten eggs; then roll in bread crumbs and fry in boiling fat. Garnish with parsley.

106 FILLET OF FLOUNDER

1½ lbs. fillet of flounder
Salt and pepper
¾ cup fine bread crumbs
1 egg
2 tablespoons water

Method:—Cut flounder into fillets; wipe with damp cloth, sprinkle with salt and pepper, dip in crumbs, then in slightly beaten egg diluted with water, and again in crumbs. Cook in small amount of fat in frying pan, browning on both sides. Garnish with lemon and parsley and serve with Sauce Tartare (see Recipe No. 695).

107 STUFFED BAKED FISH

Fish (2 lbs. or over)
Salt pork, bacon, butter or dripping
Salt and pepper
Juice of 1 lemon
Juice of 1 onion

Method:—Prepare fish for baking, as directed at the beginning of this section. Rub salt and pepper into fish, inside and out, sprinkle with lemon and onion juices. Fill fish with stuffing, place on sheet of well-greased white paper on bottom of pan, and lay a few slices of salt pork or bacon over it, or pour over it a little melted butter or dripping. Bake in moderate oven of 350 degrees until golden brown. Garnish with egg, boiled hard, and parsley.

108 STUFFING FOR BAKED FISH

2 cups bread crumbs
1 teaspoon finely chopped parsley
½ teaspoon salt
1 teaspoon chopped pickle
⅛ teaspoon white pepper
3 tablespoons melted butter
1 teaspoon onion juice

Method:—Mix together. If a more moist stuffing is preferred add a little cream.

109 OYSTER PATTIES

Oysters
3 tablespoons butter
2 tablespoons Purity Flour
1 cup milk
Yolks of 2 eggs
Cayenne pepper
Salt

Method:—Steam required amount of oysters and cut each one into 4 pieces. Make white sauce by melting butter, adding flour and stirring milk in gradually. Cook until thick, stirring constantly. Add seasonings to taste and remove from fire. When cool stir in beaten egg yolks; reheat, stir until thick, then add oysters. Serve in Patty Shells (see Recipe No. 473).

VEGETABLES

Vegetables contain water, mineral salts and health-promoting vitamines, and give a wide variety of flavor to our meals. They should, therefore, form a large part of our daily diet.

Because Vitamine C is affected by cooking, except in tomatoes, it is wise to include a raw vegetable in our meals each day, such as cabbage or salad greens.

When boiling vegetables, allow 1 teaspoon salt to each quart of water. Use as little water as is possible without burning, except in strong-flavoured vegetables as cabbage, turnips or onions. Potatoes also require a large amount of water.

Salt aids to retain flavor and color of green vegetables and should be added to water before vegetables are boiled, except in cases where vegetables are wilted and liable to be tough. In such cases, it should be added a few minutes before vegetables are drained. In the case of potatoes, either white or sweet, which are usually tender, they are best boiled in salted water.

The use of baking soda in the cooking of vegetables is not recommended, as it has a tendency to destroy the vitamine content.

Retain vegetable stock for soup. When adding butter to vegetables, vegetables should be boiled and drained, then returned to stove, when butter and seasonings should be added and pan shaken so that butter will coat the vegetables.

110 POTATOES BOILED IN SKINS

Wash potatoes thoroughly, boil in water salted in proportion of 1 teaspoon of salt to 1 quart of water for 20 to 30 minutes, or until they can be pierced easily with a fork. When cooked, drain, return to fire and shake for a few minutes until dry and mealy.

111 BAKED POTATOES

Wash potatoes thoroughly, soak in cold water for 1 hour and bake in hot oven of 450 degrees for 40 to 50 minutes, or until soft. Serve at once.

112 BROWNED POTATOES

Potatoes
Dripping
Purity Flour
Salt

Method:—Wash and peel the required amount of potatoes. Boil them in salted water for 10 minutes. Drain. Dredge with a little Purity Flour and put in a baking dish with melted dripping. Cook in a moderate oven of 375 degrees for 30 to 40 minutes, or until nicely browned.

Note:—If joint of meat is being roasted, potatoes may be cooked in the same pan if put in the required time before the meat is cooked.

113 SCALLOPED POTATOES

Slice thinly 6 good-sized potatoes; place in baking dish in layers, covering each layer with a sprinkling of Purity Flour, a few pieces of butter, and salt and pepper to taste. Fill the dish with milk, grate a little cheese on top and bake slowly for 1 hour in moderate oven of 350 degrees.

114 FRENCH FRIED POTATOES

Pare the potatoes and place in cold water for 20 minutes or until firm. Cut in slices, blocks, strips, balls, or any fancy shape, and dry thoroughly. Drop quickly into fat, hot enough to brown them by the time they come to the surface. They are cooked when they float. Drain on soft paper, sprinkle with salt and serve hot.

115 GERMAN FRIED POTATOES

Wash, pare and slice potatoes very thinly. Place in cold water for 20 minutes or until firm. Drain and dry thoroughly. Place in frying pan containing small amount of dripping, sprinkle with salt and pepper, and cover with tight-fitting lid. Fry slowly until tender and brown, turning occasionally to prevent burning.

116 POTATO PUFF

3 cups hot mashed potatoes
2 tablespoons butter
¼ teaspoon salt
Few grains cayenne
1 teaspoon chopped parsley
1 teaspoon onion juice
3 eggs

Method:—Mix potatoes with butter, parsley, salt, cayenne and onion juice. Add beaten egg yolks and beat well. Fold in stiffly beaten egg whites. Place in greased baking dish and bake in hot oven of 400 degrees for 20 minutes, or until golden brown. Serve immediately.

117 POTATO CAKES

Boil 1 dozen medium-sized potatoes. Drain, mash and turn out on mixing board. Add 1 tablespoon salt and mix in sufficient Purity Flour to hold mixture together. Roll to 1-inch thickness and cut with cutter. Place in hot frying pan, greased with pork dripping, and fry on top of the stove until bottom side is brown. Turn over and bake in hot oven of 425 degrees for 30 minutes. Serve hot, split and butter.

118 POTATO CROQUETTES

2 cups hot mashed potatoes
2 tablespoons butter
½ teaspoon salt
⅓ teaspoon pepper
¼ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk of 1 egg
1 teaspoon finely chopped parsley

Method:—Mix ingredients in order given, and beat thoroughly. Shape, roll in crumbs, dip in egg and then in crumbs again. Fry until lightly browned in deep fat and drain on brown paper.

119 POTATO PUREE

1 cup cooked potatoes
1 tablespoon butter
½ teaspoon nutmeg (optional)
3 or 4 tablespoons hot milk
Pepper, salt

Method:—Use dry, mealy potatoes. Press through sieve or potato ricer. Heat milk with butter in saucepan, add potatoes and beat until light; season to taste with pepper, salt, and nutmeg, if used. (Mixture or puree should be of the consistency of thick cream.) Cream or stock may be used instead of milk, or a little whipped cream may be stirred in lightly at the last. Finely chopped parsley may be added, if desired. Serve in hot vegetable dish.

120 BOILED NEW POTATOES

1 lb. new potatoes
Water
Salt
1 teaspoon chopped parsley
Spray of mint
1 tablespoon butter

Method:—New potatoes should be cooked as soon as possible after they are taken from the ground. Wash well and rub or scrape off skins, place in saucepan with boiling water to cover; add salt and mint. Cook gently from 15 to 20 minutes, or until they are tender; then drain and lift out mint. Shake potatoes over fire for a few minutes to dry; then add butter and parsley. Serve.

121 BAKED SWEET POTATOES

Scrub potatoes and bake in moderate oven of 350 degrees. When cooked remove pulp, mash and add salt, pepper and butter; reheat, then spread marshmallows on top and brown in oven. Serve hot.

122 STUFFED SWEET POTATOES

Baked sweet potatoes
Hot water
Sausage meat

Method:—Pare potatoes, cut in halves lengthwise and scoop out the centres. Refill with sausage meat and potato pulp mixed; place together, fastening with a toothpick. Bake in casserole or covered baking dish with a little hot water for 1½ to 2 hours in moderate oven of 350 degrees.

123 GLAZED SWEET POTATOES (1)

Select medium-sized potatoes, scrub thoroughly with vegetable brush and cook in boiling water until tender. Drain and remove skins, cut in halves lengthwise and place in greased shallow pan. Make a syrup by boiling for about 2 minutes ⅔ cup of brown sugar with ⅓ cup of water and 1½ tablespoons of butter. Pour over sweet potatoes, bake in hot oven of 400 degrees for 20 minutes, or until a delicate brown, basting occasionally with syrup.

124 GLAZED SWEET POTATOES (2)

8 medium-sized sweet potatoes
1 teaspoon salt
½ cup chopped nuts
8 tablespoons brown sugar
6 tablespoons butter
½ cup raisins

Method:—Boil or steam potatoes, cut each in three slices, lengthwise, and remove skin. Place in well-greased baking pan. Dust with salt, melt butter and pour over potatoes. Sprinkle with sugar, nuts and raisins. Bake in slow oven of 300 degrees until brown and glazed.

125 BOILED TURNIPS

Wash, pare and slice turnips and cook, uncovered, in liberal quantity of salted boiling water until tender. Drain, mash, add butter and seasonings.

126 BOILED CARROTS

Cut the tops close to the roots. Wash with vegetable brush and scrape; cut in slices, lengthwise or crosswise, and boil in just enough water to cover, for 35 to 40 minutes, or until tender. Season with salt, pepper and butter, or serve with white sauce (see Recipe No. 681).

127 GREEN PEAS

Shell and wash peas; boil in just enough water to cover, for 30 to 40 minutes, or until tender. Drain and season with salt, pepper and a large piece of butter.

128 PEAS AND CARROTS

Combine equal amounts of cooked peas and cubed cooked carrots. Reheat with butter, salt and pepper, or in white sauce (see Recipe No. 681).

129 BOILED ONIONS

Wash and peel onions, cook in boiling salted water until tender. Drain, and add white sauce (see Recipe No. 681).

130 BOILED PARSNIPS

Scrub parsnips with vegetable brush, cut in slices, lengthwise or crosswise, and cook in boiling, salted water until tender. Drain, add butter, salt and pepper.

131 FRIED PARSNIPS

Boil parsnips until tender, then slice and dip in a batter such as you would make for griddle cakes (see Recipe No. 647). Fry in hot fat until brown; add salt and pepper to taste.

132 PARSNIPS AU GRATIN

Scrape and slice parsnips. Cook until tender in boiling water. Drain and turn into baking dish. Pour over them parsley sauce (see Recipe No. 683) and sprinkle with ½ cup grated cheese. Bake in moderate oven of 375 degrees, until golden brown. Serve.

133 STEWED CELERY

Remove leaves, scrape stalks and cut into small pieces; boil in a little water until tender. Drain, season to taste with salt and pepper. Serve with white sauce (see Recipe No. 681).

134 SCALLOPED CELERY

Arrange in layers in baking dish, boiled celery, eggs boiled hard and finely chopped, white sauce (made with milk, and water in which celery has been cooked) and crumbs. Bake in oven of 375 degrees until crumbs are brown. Grated cheese may be sprinkled over each layer.

135 CELERY AU GRATIN

Wash, scrape and cut celery stalks into small pieces (about 2½ cups), and cook until soft in boiling, salted water. Drain, and reheat in 1 cup of white sauce (see Recipe No. 681) to which has been added ½ cup grated cheese and ½ cup finely chopped sweet red pepper. Turn into oiled baking dish, cover with buttered crumbs and bake in hot oven of 425 degrees until crumbs are brown.

136 BOILED ARTICHOKES

Wash and scrape required number of artichokes. Cover with boiling, salted water and cook for about 30 minutes, or until tender. They should be tested with fork frequently after 15 minutes as they will become black and tasteless if allowed to remain on fire longer than necessary. Drain, dust with salt and set on back of stove until moisture evaporates. Serve with melted butter or white sauce (see Recipe No. 681).

137 BOILED CABBAGE

Cut cabbage in quarters and let stand in cold water until crisp. Shred and discard the hard core; cook, uncovered, in boiling, salted water for 20 minutes. Drain, and season with butter, salt and pepper.

138 BOILED CAULIFLOWER

Remove green leaves and thick stalk, soak 1 hour head down in cold water, containing 1 teaspoon salt and 1 teaspoon vinegar. Boil 20 to 25 minutes, or until tender; drain. Serve with butter or white sauce (see Recipe No. 681).

139 CAULIFLOWER AU GRATIN

1 cauliflower
¾ cup coarse bread crumbs
Lemon juice
½ cup melted butter
½ cup grated cheese
Salt to taste

Method:—Remove wilted leaves (if any) from cauliflower; wash, dust with salt, sprinkle with a little lemon juice and steam until tender. Place in baking dish, dust with grated cheese and crumbs combined with butter, and brown quickly in hot oven of 475 degrees.

140 BOILED SPINACH

Wash spinach thoroughly in 5 or 6 waters. Add salt and cook for 20 minutes in its own juice or with very little water. Chop and serve with butter and a little vinegar or lemon, if desired.

141 SPINACH MOULDS

2 lbs. or 2 tins spinach
1 onion, minced
1 green pepper, chopped
⅛ teaspoon pepper
2 tablespoons butter
2 teaspoons salt
1 tablespoon white sugar

Method:—Wash spinach thoroughly in 5 or 6 waters. Add salt and cook 20 minutes in its own juice. (If canned spinach is used it is not necessary to cook.) Drain, reserving the liquid to use in soup. Chop spinach, add melted butter, sugar, onion and peppers, and serve in cones or moulds by pressing hot mixture into shapes.

142 BOILED BEETS

Wash beetroots carefully, taking care not to bruise or cut them. If skins are broken they will bleed when boiling and lose their color. Cook in boiling, salted water until tender. Old beets require from 1 to 4 hours, new beets 45 minutes. Drain and slip off skins. Serve whole or sliced. Season with butter, salt and pepper or serve cold as a pickle with vinegar.

143 STRING BEANS

Remove all strings from the beans, lay several pods together on meat board and cut all at once into short pieces. Cook in salted, boiling water until tender. Drain, add salt and pepper and a large piece of butter.

Lima beans may be cooked in same manner.

144 BOSTON BAKED BEANS (1)

4 cups white beans
½ lb. breakfast bacon
1 tablespoon salt
⅓ teaspoon pepper
¼ cup brown sugar or molasses
1 cup water
½ teaspoon soda
1 onion (medium size)
1 tablespoon mustard

Method:—Wash beans, soak overnight; parboil with soda and wash again. Place in bean pot with mustard, sugar or molasses, salt, pepper and water, making a well in centre for onion. Lay strips of bacon on top and bake in slow oven of 225 degrees for 6 to 8 hours.

145 BOSTON BAKED BEANS (2)

Place 2 cups of small white beans in a bean pot, pour in a tin of tomatoes and tablespoon of molasses. Add salt and pepper to taste. Mix well, place a small piece of salt pork in centre, cover and bake in slow oven until beans are cooked and slightly brown. This will take at least one whole day.

146 BAKED LIMA BEANS

2 cups dried Lima beans
½ cup diced salt pork
½ cup minced onions
1 cup diced carrots
2 cups boiling water
2 tablespoons butter

Method:—Soak beans overnight in water to cover; drain. Cook salt pork in frying pan for 5 minutes. Add onions and carrots and cook until brown. Add to beans, mix well and turn into casserole. Add water and place pieces of butter on top. Cover and bake in moderate oven of 350 degrees for about 3 hours, or until tender.

147 BAKED KIDNEY BEANS

3 cups kidney beans
4 large onions, sliced
2 cups canned tomatoes
1 tablespoon salt
1 tablespoon brown sugar
⅓ teaspoon pepper
½ lb. fat salt pork

Method:—Soak beans overnight in water to cover. In the morning parboil them with the onions. Place in bean pot and stir in tomatoes, salt, sugar and pepper. Bury the pork in the beans, barely covering with water, and bake. Two hours before beans are cooked bring pork to the top so that it will brown and bake at least 5 hours in slow oven of 250 degrees.

148 BOILED ASPARAGUS

Wash asparagus and scrape lower stocks. Cut stocks even length, cook in boiling, salted water 25 to 35 minutes. Drain. Serve on buttered toast.

149 ASPARAGUS AU GRATIN

4 tablespoons grated cheese
2 cups medium-thick white sauce
1 can asparagus tips or equal amount of freshly cooked asparagus
6 slices toast

Method:—Add cheese to white sauce (see Recipe No. 681); place asparagus on toast in baking dish. Pour sauce over it and bake in hot oven of 450 degrees for 12 minutes.

150 EGG PLANT

Pare egg plant, cut in thin slices, sprinkle with salt and let stand under a weight for 1½ hours to extract juice. Drain off liquid and sprinkle with Purity Flour, dip in beaten egg diluted with two tablespoons of water and seasoned with ½ teaspoon salt and ⅛ teaspoon pepper. Cover with fine dry bread crumbs and fry in hot butter or shortening, browning on both sides.

151 EGG PLANT AU GRATIN

1 large egg plant
1 cup grated cheese
1 teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
2 tablespoons butter

Method:—Pare egg plant and cut in slices, cook in boiling, salted water until tender. Drain well and mash; put layer in greased baking dish, sprinkle with cheese, salt, pepper and cayenne and dot with small pieces of butter. Repeat this process until all ingredients are used, having a layer of cheese on top. Bake in hot oven of 400 degrees for 20 minutes, or until golden brown.

152 BOILED CORN

Remove husks and silk. Boil in salted water for 15 to 20 minutes. Serve at once.

153 SCALLOPED CORN

¼ cup butter
¼ cup Purity Flour
½ teaspoon salt
1 tablespoon white sugar
2 cups fresh corn or drained canned corn
1 cup bread crumbs
2 tablespoons cream
1½ cups milk

Method:—Heat milk in double boiler. Mix butter and flour and add hot milk, stirring constantly; add corn, salt and sugar. Bring to boiling point and turn into a baking dish. Cover top with bread crumbs. Moisten slightly with cream. Bake 15 to 20 minutes, or until golden brown.

Note:—1 tablespoon butter may be used instead of cream.

"For us the winds do blow,
The earth doth rest, heaven move and
fountains flow,
Nothing we see but means our good,
As our delight or as our treasure;
The whole is either our cupboard of food,
Or cabinet of pleasure."

GEORGE HERBERT.



154 BRUSSELS SPROUTS

Wash 1 quart Brussels sprouts and remove any withered leaves. Soak in cold, salted water 1 hour. Drain. Place in uncovered saucepan and cook in boiling, salted water 20 to 25 minutes, or until tender. Drain, add butter, salt and pepper or serve with white sauce (see Recipe No. 681).

155 BOILED SUMMER SQUASH

Wash and pare squash, cut into thick slices and boil or steam until tender. Drain well, mash and add butter, salt and pepper.

156 BAKED SQUASH

1 small squash
2 tablespoons chopped onion
3 tablespoons shortening
2 tablespoons chopped green pepper
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon paprika
¼ cup fine bread crumbs

Method:—Wash and pare squash, cut in pieces and cook in boiling, salted water to cover, until tender. Drain well and mash. Cook onion and green pepper slowly in shortening for 5 minutes and add to squash with salt, pepper and paprika. Mix well and turn into greased baking dish. Sprinkle with bread crumbs, salt and pepper, and bake in hot oven of 400 degrees 20 to 30 minutes.

157 FRIED SUMMER SQUASH

Wash, pare and slice summer squash, sprinkle slices with salt, pepper and Purity Flour. Dip in slightly beaten egg diluted with 2 tablespoons water, then in fine dry bread crumbs and fry in shortening or butter. Brown on both sides.

158 BAKED WINTER SQUASH

Cut off top of squash, remove seeds and stringy portion, place in pan and bake 2 hours, or until tender. Remove pulp from shell, keeping shell intact. Put pulp through ricer, add salt, pepper and butter and 2 tablespoons cream and return to shell. Smooth surface to a dome shape and score with knife. Brush over with milk and egg, add a few pieces of butter and return to oven to reheat before serving. It may be necessary to use contents of a second squash to fill shell.

159 STUFFED GREEN PEPPERS

Cut tops from 6 green peppers and remove seeds and tongue. Cut thin slices from the bottom so that they will stand. Boil peppers for 15 minutes. Cool and fill with mixture made of the following:

1 cup cold ham, minced
1 cup chopped walnuts
¼ teaspoon salt
⅛ teaspoon pepper
1 small grated onion
1 small cucumber, chopped finely

Sprinkle rolled soda biscuit crumbs on top of stuffed peppers and bake 30 minutes in moderate oven of 375 degrees.

160 STEAMED VEGETABLE MARROW

Wash, cut in ½-inch slices, remove seeds, and peel. Steam until tender and add butter, salt and pepper, or serve with white sauce (see Recipe No. 681).

161 FRIED VEGETABLE MARROW

1 small vegetable marrow
Lemon juice
Salt
Purity Flour

Method:—Cut marrow in ½-inch slices, remove seeds, and peel. Place slices on plate, sprinkle with salt and squeeze over it a little lemon juice; cover and let stand at least 1 hour. Drain and dry. Dredge with Purity Flour and fry on both sides in hot fat in frying pan until brown and crisp. Drain on paper. Serve hot, garnished with sliced lemon and a little parsley.

162 FRIED MUSHROOMS WITH SAUCE

Remove stems from 6 mushrooms, peel and fry until brown on both sides in hot butter. Add 4 tablespoons Purity Flour, blend well and add gradually 2 cups of milk or white stock. Stir until it boils. Remove from fire, add beaten yolks of 2 eggs. Season with salt, pepper and lemon juice to taste. Stir over slow fire for 1 or 2 minutes. Serve.

163 CREAMED MUSHROOMS

Peel large, fresh mushrooms, sprinkle with salt and pepper, place in saucepan with a little water. To 4 cups mushrooms add 1 tablespoon of butter, simmer 10 minutes, then pour in 2 cups of cream mixed with 1 tablespoon of corn starch. Stir 2 or 3 minutes. Serve.

164 NETTLES

Wash and cook in boiling, salted water until tender. Season with salt, pepper and butter. The same method may be followed in preparing beet greens.

165 VEGETABLE RING

Vegetable ring with macaroni or noodle filling:

1 cup cooked peas
½ teaspoon salt
1 cup cooked diced carrots
1 cup cooked green stringless beans
Pepper and paprika to taste
1 cup chopped prunes
2 cups bread crumbs
2 tablespoons melted shortening
½ cup milk
2 eggs

Method:—Drain peas, carrots and beans. Combine all ingredients, mix thoroughly and turn into a greased ring mould. Let set, unmould, fill with filling as given below, and bake 40 minutes in moderate oven of 350 degrees.

166 FILLING FOR VEGETABLE RING

3 cups cooked macaroni or egg noodles
1¾ cups tomato soup or juice
⅓ cup Purity Flour
½ cup cheese
½ teaspoon salt
3 tablespoons shortening

Method:—Melt shortening, add flour, salt and tomato juice and cook until thick; then add cheese and macaroni or noodles.

MEATS



THE SELECTION AND COOKING OF MEATS

BEEF—Should be firm, of fine texture, bright red in color and well coated with fat. The fat should be firm and yellow in colour.

VEAL—Should be pink in color and is usually less firm than beef. Fat should be white. If used too young it is watery and flabby.

MUTTON AND LAMB—Mutton should be dull red, firm and streaked w th firm white or slightly yellow fat. Lamb should be pink with more red color in the bones than in mutton, with fat hard and white. Outside skin should come off easily.

PORK—Should be pink in color, with white fat. Never use pork that has dark spots in it.

All paper wrappings should be removed from meat, as paper absorbs meat juices. Meat should be kept in a cool place and wiped with a damp cloth (not washed) before cooking.

ROASTING OR BAKING—Beef, Pork, Lamb and Mutton should be baked or roasted in an uncovered roaster, as these meats are more palatable when cooked in the oven's dry heat without a lid to retain the steam of the pan. In the case of veal, poultry and game, lid should be left on the roaster. Very lean meat is improved by having thin slices of fat meat, either bacon, pork, or its own fat, laid over the surface at first until there is sufficient dripping with which to baste. Oven pan should be hot at first, then heat gradually reduced. Time of roasting varies with the kind of meat.

BRAISING—Braising is particularly adapted for meats that are lacking in flavor or are tough. A deep pan with a close-fitting cover is necessary. The most stubborn pieces will yield to the persuasion of a braising pan and become tender, especially if a few drops of lemon juice or other acid be added to the gravy in the pan.

BROILING—Broiling is cooking by direct exposure to heat. The surfaces are seared by exposing the meat to great heat at first, thus preventing the juices from escaping.

PAN-BROILING—Heat a cast-iron or steel frying pan to a blue heat. Season the meat and lay in the pan just long enough to sear thoroughly on one side, then turn and sear the other side, to keep the juices from escaping. Reduce heat and cook more slowly until meat is cooked.

FRYING—To fry, is to cook in a hot, shallow pan with a little fat, browning first on one side and then the other.

BOILING—In boiling, as in roasting, the general principle is to sear or to subject the meat to a high degree of heat at first until a layer of albumen hardens over the entire surface. The temperature should then be dropped much below boiling point and kept there until the gelatine and connective tissues are softened to almost the point of dissolving. Let the meat partly cool in the liquid, and if the slices are served on very hot plates they will be juicy, tender and well-flavored.

LARDING—Use a piece of salt pork fat. Shave off the rind as closely as possible, cut fat into ¼ inch slices and cut again into ¼ inch strips. With a larding needle draw these strips into the meat, leaving the stitches evenly distributed and in alternate rows until the whole surface is covered.

NOTE:—For meats for stews where juices are to be retained in the meat, salt should not be added until they are nearly cooked. For roasts and broiled meats seasoning should not be added until they are thoroughly seared and the juices sealed in, as salt extracts the juices from the meat.

167 ROAST BEEF

A roast with ribs left in is known as a "standing" roast. A roast with ribs removed, and meat rolled and tied, is known as a "rolled" roast. The tip of the sirloin is considered one of the best pieces for roasting. Wipe with damp cloth. Place roast on rack in roasting pan, skin side down, dredge with Purity Flour, and place in hot oven to sear; then reduce the heat. Add water to cover bottom of pan and baste every 15 minutes. When half-cooked, season with salt and pepper and turn with skin side up for final browning. Let water cook away when meat is nearly cooked. Remove meat to a hot platter, when cooked, and serve with brown gravy or Yorkshire pudding.

168 BROWN GRAVY

For 2 cups gravy leave 2 tablespoons fat in the pan; add 2 tablespoons Purity Flour, stir together over heat until brown; then add 2 cups boiling water or stock, stirring rapidly until smooth. Season with salt and pepper and strain. One tablespoon chopped onion may be browned in fat before adding flour.

169 YORKSHIRE PUDDING

⅔ cup Purity Flour
3 eggs
2 cups milk
1 teaspoon salt

Method:—Beat eggs until light; add salt and milk. Pour half of liquid over flour and stir to smooth paste, then add remaining half of liquid and beat well. Pour into hot roasting pan under meat and bake in hot oven of 475 degrees for 15 to 20 minutes.

170 POT ROAST OF BEEF

Four to six pounds of beef from shoulder or round beef. Wipe with

damp cloth, place in pan with hot fat and sear meat all around; then add 2 cups boiling water. Cover and simmer until tender.

171 BROILED STEAK

Wipe meat with damp cloth and trim off extra fat; place meat in heated broiler, which has been rubbed over with fat, broil over glowing coals or in the broiling oven of gas or electric range. Sear meat on both sides, then reduce heat and turn every 2 minutes until cooked. Season when partly cooked.

172 FRIED BEEFSTEAK

Wipe meat with damp cloth and trim off extra fat; place in very hot, slightly greased frying pan. Sear on both sides, then reduce heat, turning every two minutes until cooked. Season with salt and pepper when partly cooked. While meat is cooking pour off fat that collects in pan. Serve with brown gravy, mushroom sauce or fried onions.

173 PLANKED SIRLOIN STEAK

Slice sirloin steak about 1 inch thick and wipe with damp cloth; sear in greased, hot, iron pan, then place on oiled oak plank and cook 12 minutes in hot oven. When half-cooked, season and arrange border of mashed potatoes around edge of steak and brown. Serve on platter and cover with browned onions.

174 MOCK DUCK

1½ lbs. round steak
1½ cups bread crumbs
1 teaspoon chopped parsley
1 teaspoon summer savory or thyme
½ teaspoon salt
⅛ teaspoon pepper
½ tablespoon chopped onion
1½ tablespoons melted butter

Method:—Trim bone and extra fat from meat, wipe with damp cloth and place on board. To make more tender pound with wooden potato masher or edge of heavy plate. Mix crumbs, onion and seasonings, add melted butter and spread over meat. Roll up and tie in shape. Place in roasting pan and pour 2 tablespoons dripping melted in a cup of boiling water around meat. Cover tightly. Cook in moderate oven of 350 degrees 1½ to 2 hours. Uncover the last half hour of cooking. Serve with brown gravy.

175 BEEF STEW WITH DUMPLINGS

1 lb. rump steak
4 cups potatoes, diced
1 onion, sliced
¼ cup Purity Flour
½ teaspoon salt
¼ teaspoon pepper
1 cup carrots
1 cup turnips

Method:—Cut portion of fat off meat in small pieces and heat in frying pan; cut meat into 1½-inch cubes, dredge with flour seasoned with salt and pepper and sear in fat in frying pan, stirring constantly. When well browned place in kettle, rinse frying pan with 1 cup boiling water and add to contents of kettle. Bring quantity of

water up to 1 quart; boil 5 minutes, then cook at lower temperature until meat is tender. Add potatoes, carrots, turnips and onion 1 hour before meat is cooked, and 15 minutes before serving add dumplings.

176 DUMPLINGS

2 cups Purity Flour
½ teaspoon salt
⅞ cup milk
3 teaspoons baking powder

Method:—Sift flour with baking powder and salt. Add milk, mix thoroughly, drop from tablespoon into stew and cook for 15 minutes.

177 CORNED BEEF

Wipe meat, roll and tie in shape. Place in kettle and cover with cold water. Bring to boiling point, boil 5 minutes and remove scum; then reduce heat and simmer 3 or 4 hours or until tender. Serve either hot or cold. If to be pressed, cool slightly in water in which it is cooked. Place in meat press or in bowl or crock, cover and weight down and let stand until cold.

178 NEW ENGLAND BOILED DINNER

4 lbs. corned beef brisket
6 medium-sized carrots
Salt to taste
1 yellow turnip
1 small cabbage
6 medium-sized potatoes

Method:—Cover meat with cold water, bring to boiling point; then lower heat and simmer gently for 3 hours or until tender. About 1 hour before meat is cooked, skim it free of fat and add salt, carrots, halved turnip, quartered cabbage and potatoes.

179 BOILED TONGUE

Wash tongue thoroughly, trim the root, place in kettle and cover with cold water; heat to boiling point, boil 5 minutes and remove scum. Reduce heat and simmer 3 or 4 hours or until tender. Cool slightly in water in which it was cooked, then lift out and remove skin. Cool and slice thinly.

180 STEAK AND KIDNEY PIE

Wipe meat and cut in 1-inch pieces, cover bone and coarser pieces with cold water; let stand ½ hour, then bring to boiling point. Season meat with salt and pepper and roll in Purity Flour. Fry out pieces of fat in frying pan and brown the floured meat in fat. Add meat to stock, reheat and simmer until tender. Add 1 small onion, if desired. Soak, trim and parboil kidneys, drain and cut into pieces, season; roll in Purity Flour, brown in hot fat and add to meat and stock. When tender, thicken with Purity Flour (2½ tablespoons flour to 1 cup stock) mixed to a paste with cold water. Season and turn into baking dish, cover with pastry or rich biscuit dough and bake in hot oven of 450 degrees until golden brown.

181 BEEF AND PORK LOAF

1½ lbs. round steak, ground
1 large pork chop, ground
2 onions, chopped
1 cup milk
4 soda biscuits, rolled
½ teaspoon salt
⅛ teaspoon pepper
Sage (if desired)
1 egg

Method:—Combine ingredients, form into a loaf and bake 1 hour in moderate oven of 350 degrees.

182 ROAST LEG OF VEAL WITH DRESSING

Remove bone, wipe meat with damp cloth, fill with dressing given below and skewer into shape. Lay slices of salt pork over top, roast in hot oven of 450 degrees for 25 minutes, then reduce temperature to 375 degrees and cook until tender. Baste frequently and, when partly cooked, add salt and pepper. Serve with brown gravy.

Dressing

2 cups stale bread crumbs
1 cup ground salt pork
½ cup minced celery tops
1 tablespoon minced parsley
½ teaspoon each, salt and pepper

Method:—Combine ingredients and mix thoroughly.

183 VEAL CUTLETS

2½ lbs. veal (from round)
4 tablespoons dripping
Bread crumbs
1 tablespoon water
Tomato sauce
Salt
Pepper
1 egg

Method:—Wipe meat and cut into pieces for individual serving, removing bone, skin and tough membranes. Skewer small pieces of meat together with tooth picks. Beat egg and water so that white is well broken but not light. Roll meat in sifted, seasoned bread crumbs, dip in egg, then in crumbs again. Melt dripping in frying pan and, when hot, brown cutlets quickly on both sides and cover with tomato sauce (see Recipe No. 689). Place lid on pan; then cook in slow oven of 300 degrees for 1 hour.

184 VEAL LOAF

2 lbs. veal
¼ lb. fat salt pork
Salt
Pepper
¼ cup milk
1 egg
1 tablespoon chopped parsley
1 tablespoon lemon juice
½ cup dry bread crumbs
2 tablespoons tomato catsup
1 onion

Method:—Select lean veal, remove skin, and chop fine with salt pork. Add crumbs, lemon juice, tomato catsup and seasonings, browning minced onion in a little fat before adding. Beat egg and add to first mixture with milk. Mix well and pack in loaf pan, smooth evenly on top and bake in slow oven of 300 degrees for about 1½ hours.

185 CALVES' LIVER AND BACON

1 lb. calves' liver
¼ cup Purity Flour
1½ teaspoons salt
¼ lb. bacon

Method:—Slice liver ¼ inch thick. Roll slices in flour sifted with salt. Fry bacon until crisp, then arrange on platter and keep hot. Fry liver in bacon fat for 5 to 10 minutes, turning frequently. Arrange in center of platter with bacon. (Prepared by same method, calves' liver and bacon may be broiled for same length of time.)

Calf and chicken livers are very tender and should be cooked quickly, either by pan or oven broiling, or frying. Beef, pork and lamb livers are just as delicious, but being less tender should be cooked more slowly and for a longer time, as in braising, stewing or baking. Liver needs only to be wiped with a damp cloth before using. With heavier livers remove outer skin and any large veins. Beef, pork and lamb livers are made more tender if soaked overnight, or several hours before cooking, in mixture of 3 parts of vinegar and 1 of olive oil.

186 STUFFED LIVER ROLLS

1½ lbs. thinly sliced calves' liver
4 cups soft bread crumbs
1½ cups drained crushed pineapple
1½ tablespoons minced green pepper
1 small onion, minced
½ teaspoon each, salt and pepper
½ cup pineapple juice

Method:—Scald liver with boiling water; dry with towel. Sprinkle with salt and pepper. Combine crumbs, pineapple, green pepper, onion and pineapple juice, and spread on slices of liver. Roll each one up and fasten with toothpick. Fry in hot fat until brown, add 2 cups boiling water and simmer until tender. Serve with gravy made from liquid and dressing that remain in pan.

187 BROILED SWEETBREADS

Parboil sweetbreads and split crosswise, sprinkle with salt and pepper. Broil under gas flame, or fry in hot, greased frying pan for 5 minutes. Brush with butter and garnish with slices of lemon and parsley.

188 ROAST LEG OF LAMB

Remove thick skin, wipe meat, place on rack in roasting pan, dredge with Purity Flour, and place in hot oven. Sear on all sides, then reduce heat. Add 1 cup boiling water, baste every 15 minutes with liquid in pan. Season when half-cooked. Serve with brown gravy and mint sauce or currant jelly.

Leg of lamb may be boned, stuffed and roasted, using the following dressing:

Dressing

2 cups stale bread crumbs
⅓ cup melted butter
1 tablespoon green pepper, chopped fine (optional)
½ teaspoon each, salt and pepper
1 tablespoon chopped parsley
1 teaspoon onion pulp
1 teaspoon poultry seasoning

Method:—Mix together and press into opening left by removal of bone from lamb; sew cut edges of meat together with strong, double thread, and roast.

189 BREADED LAMB CHOPS

6 lamb chops
2 tablespoons butter
4 tablespoons Purity Flour
½ teaspoon salt
Few grains cayenne
1 cup milk
½ cup chopped ham
Egg crumbs

Method:—Make thick white sauce by melting butter, blending in flour and seasonings and adding milk gradually. Bring to boiling point, stirring constantly, and cook until thick; add ham and cool. Trim fat from chops and pan-broil or fry; season and cool. Cover with layer of sauce. When set, dip in crumbs, in beaten egg, and in crumbs again; brown in deep fat. Garnish with parsley and serve with tomato sauce (see Recipe No. 689).

190 ROAST PORK

Trim and wipe meat. If used with skin on, score it in inch squares, taking care to cut only through skin. Make a cut just below the knuckle with a boning knife. Slide the knife up along the bone and turn outward, making a half-dozen cuts two-thirds of the way to the skin; fill cuts with dressing. Sprinkle with salt and pepper, place on rack in roasting pan and dredge with Purity Flour. Half an hour before serving sprinkle with 1 tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce (see Recipe No. 223).

Dressing

1 cup grated bread crumbs
1 sour apple
6 sage leaves
1 teaspoon salt
1 small onion
2 egg yolks
2 tablespoons butter
¼ teaspoon pepper

Method:—Chop apple and onion. Melt butter, add crumbs, rubbing them hard to distribute butter evenly. Add seasonings, apple and onion, and beaten egg yolks; mix thoroughly.

191 ROAST SPARERIBS

Choose a long piece of sparerib. Wipe carefully and sprinkle with a little salt and pepper. Place a small piece of sparerib on bottom of baking pan and form a roll around it, using the large piece of sparerib. Fill cavity in centre with dressing. Bake in moderate oven of 375 degrees for about 1½ hours.

192 BAKED PORK TENDERLOIN

½ lb. fat pork
4 large pork tenderloins
1 cup cracker crumbs
1 cup boiling water
2 tablespoons butter
1 teaspoon salt
½ teaspoon pepper
1 teaspoon poultry seasoning

Method:—Wipe tenderloins with damp cloth. With sharp knife make deep pocket lengthwise in each tenderloin (laying tenderloin flat on table and making incision along the side). Melt butter in water, add seasonings and cracker crumbs, com-

bining all thoroughly, and fill pockets. Cut pork into long thin strips and lay on top of tenderloins; place in baking pan and bake in moderate oven of 375 degrees for 45 minutes, basting frequently.

193 PORK CHOP OR STEAKS

Lay chops or steaks on hot frying pan and fry slowly on both sides to rich brown. Serve at once, or, if thickened gravy is preferred, remove most of fat which fried out of pork from pan; add 2 tablespoons Purity Flour and pour in boiling water, gradually; cook until thick, season, pour over chops and serve.

194 PORK PIE

Line sides of deep pie dish with pastry (not too rich). Place following layers in rotation: bacon, potatoes, and onions thinly sliced, and lean fresh pork cut into small pieces. Season with pepper, salt and sage. Fill dish with gravy left from roasts, or with water thickened with Purity Flour (2½ tablespoons flour to 1 cup water) with small piece of butter added. Cover with pastry and bake in moderate oven of 325 degrees about 1½ hours. (Cover pie with thick brown paper if it gets too brown.)

195 SPARE RIBS AND SAUERKRAUT

Place sauerkraut in bottom of bake dish. Lay spare ribs on top and almost fill dish with water. Bake about 3 or 4 hours. Place whole apples on top, ½ hour before ribs are cooked, to flavor. Shoulder cut of pork may be used instead of ribs.

196 PORK CHOPS EN CASSEROLE

Cut bone away from as many pork chops as required. Dip them in thin mixture of Purity Flour and milk and fry until brown. Season, place in casserole and pour over them 1 can of peas, from which the liquid has been drained, and 1 can of tomato soup. Bake in a moderate oven of 350 degrees for 45 minutes.

197 FRIED SALT PORK

Remove rind and cut pork in ¼-inch slices. Freshen if very salty and fry slowly and evenly until dry. Use as a garnish for fish, fish balls, or as a lunch or breakfast dish with baked potatoes and a white gravy made in same manner as white sauce (see Recipe No. 681), substituting fat from the pork for butter.

198 SAVOURY BAKED HAM

1 10-lb. ham
1 tablespoon cloves (whole)
¼ teaspoon cloves (ground)
¼ teaspoon cinnamon (ground)
2 tablespoons vinegar
1 cup crabapple jelly
1 cup white sugar
1 cup brown sugar
4 teaspoons mustard
1 stick cinnamon
Garlic (optional)

Method:—Wash ham and cover with boiling water in large kettle. Add stick of cinnamon, cloves, garlic (if used), vinegar and white sugar. Boil until tender, remove from heat and let ham stand in water until nearly cold; remove from water and pull off rind. Sprinkle over ham the following: brown sugar, mustard, cloves and cinnamon, blended to-

gether. Place in baking pan with ¾ cup water and bake in moderate oven of 325 degrees until brown. Serve with jelly.

199 BAKED VIRGINIA HAM

Cover ham with cold water in deep pot and bring to boiling point quickly; then reduce heat and simmer 2 or 3 hours or until tender. Take from pot, remove skin and cover with brown sugar; stick whole cloves into the ham about 2 inches apart and sprinkle with fine breadcrumbs. Place in roasting pan with ½ cup of water and brown in moderate oven of 350 degrees for 25 to 30 minutes.

200 VARIED COMBINATIONS OF MEATS AND FRUITS

Cover boiled ham with brown sugar and slices of pineapple. Place in roasting pan with ½ cup water and brown in moderate oven of 350 degrees.

To mashed bananas add a few drops lemon juice, and spread on pork tenderloin which has been sprinkled with a little salt.

When pot roast is almost cooked add cranberry sauce (see Recipe No. 687) to gravy in proportion of one part of sauce to two parts of gravy.

201 PURITY SAUSAGE ROLLS

2 cups Purity Flour
4 teaspoons baking powder
1 teaspoon salt
1 teaspoon lard or butter
¾ cup liquid (half milk and half water)
12 sausages

Method:—Sift flour with baking powder and salt; cut in lard or butter and add liquid, mixing with a knife until dough is very soft. Pat out lightly on mixing board and roll to about ¼-inch thickness. Cut into 12 pieces and cover each raw sausage. Bake in hot oven of 450 degrees for 25 minutes or until brown.

202 JELLIED VEAL AND PORK

1 knuckle of veal
1 lb. of pork
Salt and pepper
1 small can peas

Method:—Boil meat until tender. Reduce stock to 1 cup. Shred or mince meat, then add it to stock with peas, salt and pepper. Slice 1 egg, boiled hard, and arrange in bottom of mould; then pour in meat, let set, and serve.

203 JELLIED TONGUE

1 can tomato soup
Cold water
1 green pepper (chopped finely)
½ teaspoon finely minced onion
1 boiled tongue (cut in dice)
½ teaspoon salt
1 tablespoon granulated gelatine
½ cup canned peas

Method:—Combine soup, 1 cup water, green pepper, onion and salt. Simmer 5 minutes, then add gelatine which has been soaked in ¼ cup cold water for 5 minutes. Stir until dissolved; then add peas and tongue. Prepare mould by letting cold water stand in it for about 1 hour. Pour mixture in and chill until set.



Poultry and Game



POULTRY AND GAME

Poultry includes all domestic birds suitable for food except pigeon and squab, i.e., turkey, duck, goose, chicken, etc. Game includes such birds and animals as quail, pigeon, squab, wild duck, partridge, grouse, deer, rabbit, etc. Game meat is of dark color, partridge and quail being exceptions. The secret of cooking game is constant basting.

POULTRY: Always use young poultry, except for soup and stock. If young, breast bone and tips of wings will be soft, the beak brittle, spurs short, legs smooth, feathers downy and there will be no coarse hairs. If in good condition, flesh will be firm, breast plump, and there will be some fat. If too fat, flavor is rank and flesh greasy. Poultry should be cooked while fresh, the feet should be limp and moist, and the eyes full. When flesh is discolored or has begun to turn green, it should be rejected. White-legged fowl should be chosen for boiling, as they have the whitest flesh. Those with yellow or black legs are better for roasting, as the flavor is richer.

GAME: Most of the tests for the age of poultry can be appl ed to game, but it should be bought in its feathers always, never after it is plucked. Game is greatly improved in tenderness and flav r by hanging. The length of time for hanging depends upon the weather an the larder. In cold, dry, windy weather it will keep for some weeks, according to the taste of the consumer; but if the atmosphere is moist and warm it decomposes quickly and becomes unwholesome and unfit to eat. Birds should be hung by the neck and sprinkled with pepper to keep away the flies—in a food safe in open air, if possible.

To remove "gamey" taste, soak game in salted water for 24 hours.

To remove pin feathers and down: Clip tips of wings, and remove feathers. Melt paraffin and apply with a clean paint brush to all parts of bird. Let paraffin harden, then pull it off, thereby removing down and feathers.

WHAT TO SERVE WITH POULTRY AND GAME

FOWL IN GENERAL:	Cranberry jelly, cranberry, mushroom, oyster, celery or curry sauce, corn fritters croquettes or small sausages.
ROAST TURKEY:	Cranberry sauce or jelly, celery.
ROAST GOOSE:	Brown giblet gravy, apple sauce, celery.
ROAST DUCK:	Boiled onions, olives, orange jellies and sauces, currant and plum jellies, orange and cress, walnut and lettuce salad, apples.
QUAIL:	Roasted or broiled: Orange and green salad.
SQUAB:	Roasted or broiled: Currant jelly.

204 ROAST TURKEY

Singe, dress (reserving giblets for gravy) and wash turkey. Wipe with damp cloth. Pull skin of neck back and cut off neck close to body (skin will turn back and keep in stuffing). Cut off tips of wings. Fill turkey with chestnut or oyster dressing. Sew up opening, then tie in shape with wings and legs close to body. Rub entire surface with salt, brush with melted butter and dredge with Purity Flour. Place in roasting pan in hot oven of 475 degrees for 10 to 15 minutes. Add 1 cup of water, then reduce temperature to 375 degrees and cook until tender (allowing 15 to 20 minutes per pound). Baste every 20 minutes with fat in pan, adding more hot water if necessary.

205 CHESTNUT DRESSING

3 cups bread crumbs
3 tablespoons butter
¼ cup hot milk
1 teaspoon salt
¼ teaspoon pepper
2 cups boiled French chestnuts

Method:—Add butter to hot milk; then add bread crumbs, salt and pepper and finely chopped chestnuts. Mix thoroughly.

206 OYSTER DRESSING

3 cups bread crumbs
1 teaspoon salt
⅛ teaspoon pepper
¼ cup oyster juice
Few drops onion juice
1 tablespoon chopped parsley
24 oysters
2 tablespoons butter

Method:—Mix crumbs, salt, pepper, onion juice and parsley; add oysters. Add butter to hot oyster juice and add to bread mixture. Mix thoroughly.

207 GIBLET GRAVY

Boil giblets in water until cooked. Pour off fat from pan in which turkey has been roasted, leaving 4 tablespoons of fat in pan. Add 3 tablespoons Purity Flour and stir until it browns. Measure water in which giblets were cooked and add enough water to make 3 cups of liquid. Add to browned flour and stir until smooth and thick. Season with salt and pepper. Reheat and serve.

Note:—Liver, gizzard and heart, chopped finely, may be added to gravy.

208 BONED TURKEY

Select turkey which has not been frozen as freezing makes skin tear easily. Singe and wash turkey, but do not draw it. Turn on its back and cut down breast bone with sharp, pointed boning knife; begin at neck and run knife between flesh and bones, being careful not to pierce the skin; press off flesh with thumb and finger. Do not remove small bone at rump or bone at end of wings. Work first on one side, then the other, finally turning bird inside out by removing leg bones, leaving skeleton. Lay bird with breast right side down and fill with stuffing for boned turkey. Skewer into shape; steam for 3 hours, then roast for 1 hour in moderate oven of 375 degrees. When cold, garnish with cranberry jelly.

209 STUFFING FOR BONED TURKEY

1 cup soft bread crumbs
2 cups milk
2 eggs
1 tablespoon butter
¼ cup chopped pimentos
½ teaspoon salt
¼ teaspoon paprika
3 cups cooked diced chicken or veal
½ cup cooked peas

Method:—Combine in order given; mix thoroughly.

This may be used as chicken or veal loaf by pressing mixture into greased loaf pan. Bake in moderate oven of 325 degrees for 40 minutes. Serve hot or cold.

210 ESCALLOPED TURKEY

Left-over turkey
Left-over turkey stuffing
6 tablespoons butter
1 teaspoon salt
2 tablespoons Purity Flour
2 eggs
1 cup milk
½ lb. mushrooms
¼ cup bread crumbs

Method:—Arrange layer of cold stuffing in bottom of casserole and place turkey, cut into medium-sized pieces, on top. Blend flour with 2 tablespoons butter; add milk and cook until thick. Pour over well-beaten eggs and add ½ teaspoon salt. Pour sauce over turkey and cover with mushrooms, prepared as follows: Peel and chop mushrooms and cook in 2 tablespoons butter until tender; then combine with bread crumbs and remainder of butter and salt. Bake in hot oven of 400 degrees for 30 minutes.

211 ROAST CHICKEN

Singe, dress (reserving giblets for gravy) and wash chicken. Wipe with damp cloth. Pull skin of neck back and cut off neck close to body (skin will turn back and keep in the stuffing). Cut off tips of wings. Fill chicken with Poultry Bread Dressing. Sew up opening, then tie into shape with wings and legs close to body. Rub entire surface with salt, brush with melted butter and dredge with Purity Flour. Place in roasting pan in hot oven of 475 degrees for 10 to 15 minutes. Add 1 cup water, then reduce temperature to 375 degrees and cook until tender, allowing 15 to 20 minutes per pound. Baste with fat in pan every 20 minutes, adding more water if necessary.

212 POULTRY BREAD DRESSING

3 cups bread crumbs
1 small onion
3 tablespoons butter
1 teaspoon salt
⅛ teaspoon pepper
1 teaspoon poultry seasoning

Method:—Slice onion and fry in butter until a delicate brown. Add bread crumbs, salt, pepper and poultry seasoning; mix well.

213 FRIED CHICKEN

Select young chicken (2½ to 3 lbs). Singe, dress and cut in suitable pieces for frying. Wash and drain but do not dry. Dredge with Purity Flour and seasonings. Cook chicken slowly in butter in covered frying pan until tender and well browned.

May be served with milk gravy

made by stirring 2 tablespoons Purity Flour into butter after chicken has been removed from pan and gradually adding 2 cups milk, stirring continuously.

214 CHICKEN PIE

Singe, dress and wash chicken; cut in pieces; cover with boiling water, add seasoning, boil 5 minutes, then simmer until tender. Remove chicken, boil stock down to 3 cups and thicken with 4 tablespoons Purity Flour. Arrange pieces of chicken in deep baking dish and add thickened stock. Cool slightly and cover with Purity Flaky Pastry (see Recipe No. 470). Bake in hot oven of 425 degrees for 15 minutes.

215 CHICKEN FRICASSEE

1 chicken (at least 1 year old)
Butter
1 teaspoon lemon juice
½ teaspoon celery salt
Purity Flour
1 cup cream
1 egg
¼ teaspoon pepper

Method:—Singe, dress and wash chicken. Cut into pieces and wipe each piece with damp cloth; sprinkle with salt and pepper. Roll in flour and brown in butter. Cover with boiling water and simmer for 40 minutes. Remove chicken and reduce stock to 2 cups. Melt 1 tablespoon butter; add 2 tablespoons flour, and seasonings; gradually add broth and lemon juice, stirring constantly, and cook until smooth. Add cream scalded and pour slowly over well-beaten egg. Arrange chicken on hot platter and pour hot sauce over it. Garnish with toast points.

216 CHICKEN CURRY

Singe, dress, wash and cut up chicken. Wipe each piece with damp cloth. Sprinkle with salt and pepper, roll in Purity Flour and brown in butter. Cover with boiling water and simmer for 40 minutes. Remove chicken and brown in frying pan in which an onion has been fried. Place on platter. Stir 2 tablespoons Purity Flour and 1 teaspoon curry in butter in which chicken has been fried; add chicken stock, salt and pepper. Serve with boiled rice. (Veal, lamb or any other delicacy may be prepared by same method as Chicken Curry.)

217 CHICKEN A LA KING

3 tablespoons minced green peppers
1 tablespoon minced pimento
2 cups thin cream
¾ teaspoon salt
3 tablespoons Purity Flour
4 tablespoons butter
½ can mushrooms
2½ cups diced chicken

Method:—Melt butter, cook peppers in it until soft. Stir in flour, pimento and salt and gradually add cream, stirring constantly. When boiling, set over hot water and add chicken and mushrooms. Serve in Patty Shells (see Recipe No. 473)

218 JELLIED CHICKEN

1 chicken (at least 1 year old)
1 shank of veal
Salt and pepper to taste

Method:—Singe, dress and wash chicken. Cut into pieces and cover with water. Add salt and pepper

and simmer until meat falls off bones. Remove bones. Lay a few slices of egg, boiled hard, on bottom of mould and arrange pieces of fowl over them. Boil shank of veal to a jelly, strain, and add liquid to chicken broth. Season and boil down until enough remains to cover chicken. Place in refrigerator until set. Turn out on platter and garnish with parsley.

219 CHICKEN CROQUETTES

Season 2 cups chopped cooked chicken or veal with ½ teaspoon onion, 1 teaspoon lemon juice and ¼ teaspoon salt. Add white sauce made by blending 4 tablespoons Purity Flour with 2 tablespoons butter. Add ½ teaspoon each of salt and celery salt, ⅛ teaspoon pepper, a few grains of cayenne pepper and 1 cup of milk. Cook until thick. Cool; shape into pyramids or cylinders; roll in crumbs, then in egg and in crumbs again. Fry in deep fat until golden brown; drain. Garnish with parsley and serve.

220 ROAST GOOSE

Singe, dress and scrub goose with warm water and soap. Wash thoroughly in cold water. Wipe dry. Fill with potato stuffing or poultry bread dressing, sprinkle with salt and pepper and tie in shape. Place on rack in roasting pan; pour 1 cup boiling water and 1 teaspoon salt into pan. Cover tightly and cook in hot oven of 475 degrees for 15 minutes; then reduce temperature to 375 degrees and cook until tender, allowing 20 minutes per pound. Baste often, adding more hot water if necessary. Serve with browned apples or applesauce.

NOTE:—Pour grease off goose after 1½ hours' cooking.

221 POTATO STUFFING

2 cups hot mashed potatoes
1½ cups bread crumbs
1½ tablespoons chopped onion
¼ cup butter, melted
1 teaspoon salt
1 teaspoon sage
1 egg

Method:—Combine ingredients, mix thoroughly and beat until light.

222 BROWNED APPLES

Pare 6 small apples and brown in 1 tablespoon each of butter and sugar. Add enough gravy off goose to barely cover. Simmer until apples are tender. Remove apples and boil gravy to a glaze. Roll apples in it. Serve.

223 APPLE SAUCE

Quarter and core 12 tart cooking apples. Steam until tender, then add 4 tablespoons sugar and a little salt. (Do not make it too sweet—if apples are not very sour, add the juice of ½ lemon).

224 ROAST DUCK

Singe, dress and scrub duck with warm water and soap; wash thoroughly in cold water. Wipe dry. Fill with potato stuffing or poultry bread dressing. Season with salt and pepper. Tie securely and place on rack in roasting pan. Place strips of bacon over breast and pour into pan 1 cup boiling water and 1 tea-

spoon salt. Roast for 15 minutes in hot oven of 475 degrees, then reduce temperature to 375 degrees and cook until tender, allowing 20 minutes per pound. Baste frequently during cooking, adding more water if necessary. Serve with giblet gravy and currant jelly.

225 ROAST VENISON

Wipe and trim meat; dredge with Purity Flour and place on rack in roasting pan. Place pieces of fat or dripping in bottom of pan. Sear venison in hot oven of 475 degrees for 15 minutes, then reduce temperature to 375 degrees and pour 1 cup boiling water into pan. Baste every 15 minutes. Cook until tender, allowing 15 minutes per pound. Season when half-cooked. Serve with currant jelly.

226 VENISON STEAK

Wipe meat with damp cloth and cut into ¾-inch slices. Place in very hot, slightly-greased frying pan; sear on both sides, then reduce heat, turning every 2 minutes until cooked. When partly cooked, season with salt and pepper. Serve very hot.

227 ROAST WILD DUCK

Singe, dress and wash duck. Wipe dry. Fill with poultry bread dressing and place on rack in roasting pan, season, and place strips of bacon over breast. Pour 1 cup boiling water and 1 teaspoon salt into pan. Roast in hot oven of 475 degrees for 15 minutes, then reduce temperature to 375 degrees and cook until duck is tender. Baste frequently during cooking. Serve hot, with currant jelly.

NOTE:—If preferred without dressing, place a whole onion or apple in body of duck before placing in oven.

228 ROAST PARTRIDGE, GROUSE, PHEASANT, QUAIL, PRAIRIE CHICKEN, ETC.

Cut head off game immediately before dressing and prepare as for wild duck. Place 1 small onion and 1 peeled apple in body of fowl. Fasten thin slices of salt pork or bacon over breast and thighs. Place in roasting pan and cook in hot oven of 475 degrees for 10 minutes, then reduce temperature to 375 degrees and cook until tender. Baste every 10 minutes. Serve hot with bread sauce (see Recipe No. 699) or brown gravy.

229 FRIED SQUAB

Dress and wash squab. Split down back and flatten. Rub with salt and pepper, brush with melted butter, roll in Purity Flour and fry in hot fat or butter until well browned. Serve on toast on hot platter.

230 BROILED QUAIL, ETC.

Dress and wash birds. Split down back. Brush with melted butter. Place in greased, heated broiler and broil over glowing coals, or broiling oven of gas or electric range. When partly cooked, season with salt and pepper. Serve on buttered toast (1 bird to each person) with cranberry jelly.

231 RABBIT PIE

1 rabbit
1 cup minced onions
1 cup minced celery
Purity Flour
Rabbit stock
Mace, salt, pepper
2 tablespoons shortening
Purity Biscuit Dough

Method:—Skin, dress and wash rabbit. Cut into pieces and boil until tender in salted water, to which has been added 1 tablespoon vinegar; then drain, roll in flour and brown with onions and celery in melted shortening in frying pan. Cover with stock, season with salt, pepper and mace. Pour into well-greased baking dish and cover with biscuit dough (see Recipe No. 42). Bake in hot oven of 450 degrees for 20 to 25 minutes.

232 PIGEON PIE

Dress and wash pigeons. Split down back and follow same method as for chicken pie.

233 STEWED PIGEON

Dress and wash pigeons, split down back, and cover with boiling water; add 2 or 3 slices of salt pork, 1 small onion, salt and pepper and simmer until tender. Remove from pot. Thicken gravy with browned Purity Flour, and pour over pigeons when serving.



SALADS

Much progress has been made in the last few years in planning or choosing meals which will keep us fit. The vitamine content of our daily diet is being constantly stressed by scientists, and we have learned that Vitamine C, which cooking destroys, is prevalent in abundance in raw fruit and vegetables. At least once daily, according to good health rules, salads should be served to every family.

Successful salad making is governed by the following general rules:

1. Ingredients should be thoroughly chilled. When gelatine or jelly powder is used, other ingredients should not be added until liquid is just beginning to jell; otherwise they will sink to bottom or float on top and spoil the appearance of the salad.
2. Salad plants and green vegetables should be clean, fresh, crisp and dry.
3. Ingredients should be cut in attractive shapes and in suitable sizes. If too large they are not seasoned with the dressing, and if too small they break up and lose their identity.
4. Add enough dressing to season well, but not enough to make salad too moist. Salad mixtures should be cold and moist but with no excess liquid. A salad that is "watery" is most unpalatable, and the liquid dilutes the dressing.
5. Dressing should not be added to greens until time for serving, as it wilts them.
6. Combine ingredients with as little handling as possible.

234 POTATO SALAD

4 cups diced cooked potatoes
3 eggs, boiled hard, diced
1 medium sized onion, chopped finely
1 cup chopped celery
1 cup salad dressing and mayonnaise (half of each)
Salt and pepper
Lettuce

Method:—Cook potatoes without paring; cool, pare and dice. Add eggs, onion and celery, and moisten with salad dressing. Season with salt and pepper and serve on lettuce leaves. For variation add diced cucumbers, radishes, cooked beets, chopped stuffed olives, green pepper, pimento or parsley.

235 SPINACH SALAD

Boil spinach and season with salt, pepper and butter. Pack in cold, wet individual moulds. Chill and turn out on lettuce leaves. Garnish with eggs boiled hard and serve with mayonnaise or boiled dressing.



Salads

236 CHICKEN SALAD

2½ cups diced cooked chicken
1 cup diced celery
2 tablespoons olive oil
1 tablespoon vinegar
Salt and pepper to taste
Mayonnaise or boiled oil dressing
Lettuce

Method:—Mix chicken with celery, olive oil, vinegar, salt and pepper. Let stand in refrigerator for 30 minutes, then add sufficient mayonnaise to bind the mixture. Arrange on a bed of lettuce and spread a little mayonnaise on top. Decorate with stuffed olives, strips of pimento, capers, radish-roses, parsley or any other desired garnish.

237 HAM AND LETTUCE SALAD

1 cup minced ham
3 tablespoons olive oil
1 egg, boiled hard, chopped
¾ tablespoon vinegar
Few grains each salt, pepper and mustard
1 small head lettuce (shredded)

Method:—Blend well together and serve with hot buttered toast.

238 TOMATO SALAD

1 small head cauliflower
2 tomatoes
1 green pepper
Yolk of 1 egg
½ cup vinegar
1 teaspoon mustard
1 teaspoon white sugar
½ teaspoon pepper
1 teaspoon salad oil
1 tablespoon cream
1 teaspoon salt

Method:—Boil cauliflower in salt water until tender. Slice tomatoes thinly; shred pepper. Make dressing by combining oil, vinegar, sugar, mustard, salt and pepper. Bring to boiling point, add beaten egg yolk and cook until thick; cool and add cream. Just before serving, arrange pieces of cauliflower around each slice of tomato, placing shredded pepper across tomato in lattice-work fashion. Allow 1 tablespoon of dressing to each serving.

239 MOULDED BEET SALAD

2 cups tiny beets
2 tablespoons vinegar
⅔ cup hot water
1 teaspoon salt
1 teaspoon white sugar
2 tablespoons grated horseradish
1½ tablespoons granulated gelatine
¼ cup cold water
Mayonnaise
Lettuce or cress

Method:—Wash beets thoroughly and boil until tender; rub off skin. Add vinegar, salt, sugar, horseradish and hot water. Heat through thoroughly and add gelatine which has been softened in cold water. Pour into shallow pan which has been chilled with cold water. Chill, cut into cubes and serve on lettuce or cress with mayonnaise. (Large beets may be used by cutting into 1-inch cubes after cooking).

240 MIXED VEGETABLE AND EGG SALAD

1 cup shredded string beans
1 cup peas
1 cup shredded cucumber
½ cup sliced radishes
Lettuce hearts
6 eggs, boiled hard
Lemon jelly
Mayonnaise
French dressing

Method:—Mix together peas, beans, cucumber and radishes and season in French dressing in refrigerator for 30 minutes. Halve the eggs lengthwise, cut off lower ends so that they will stand upright and dip each one in tart lemon jelly (see Recipe No. 289). Have salad plate very cold and arrange egg-halves in circle. (They should stick at once if jelly mixture contains sufficient gelatine.) Fill circles with vegetable mixture, top with lettuce hearts and garnish with parsley, cress and radish-roses. Serve with mayonnaise.

241 ASPARAGUS SALAD

Cook one bunch of asparagus in boiling salted water 25 to 35 minutes or until tender. Drain and cool. Cut off the stalky ends, leaving the tips and arrange on shredded lettuce. Chop a tablespoon of red pimento and mix with ½ cup thick mayonnaise, then add ½ cup of tomato catsup and pour over asparagus tips. Lay a thin strip of pimento over asparagus just above the dressing and garnish with ripe olives.

242 CABBAGE SALAD

1 small white cabbage
2 tablespoons white sugar
2 tablespoons vinegar
1 cup cream
Salt and pepper

Method:—Dissolve sugar in cream, then add vinegar and seasonings. Shred cabbage very finely, place in dish and cover with dressing. Serve very cold.

243 CABBAGE SALAD OR COLE SLAW

Shred finely the desired amount of cabbage. Let stand in cold salted water until crisp. Drain and dry well. Add a little onion, if desired. Mix with French dressing.

244 SHAMROCK SALAD

2 large green peppers
1 large cream cheese
¼ cup chopped walnut meats
French dressing
Mayonnaise
2 tablespoons stuffed olives
2 tablespoons cream
Salt and pepper
Lettuce hearts

Method:—Remove the stem ends from peppers and scrape out seeds and cores. Place in cold salted water for 2 hours; then drain. Cream cheese, add nuts, olives, seasonings and cream. Pack in pepper shells; let stand until very firm, then slice across into ¼ inch slices. Pour over them a little French dressing, and serve two slices to each person on a nest of lettuce hearts. Garnish with radish-roses, if desired, and serve with mayonnaise.

245 SPRING SALAD

Arrange tomato sections, sliced cucumber, sliced radish, strips of green pepper and green onions on lettuce leaves. Garnish with watercress. Serve with French dressing.

246 TOMATO AND CUCUMBER SALAD

Wash and peel medium-sized tomatoes. Cut five slits lengthwise in tomatoes. Place slices of cucumber in slits and serve on lettuce leaves with Thousand Island dressing (see Recipe No. 280).

247 BEET AND CUCUMBER SALAD

Arrange slices of boiled beets on bed of watercress with a row of sliced cucumbers overlapping on each side. Serve with boiled salad dressing.

248 DATE SALAD

1 cup dates (stoned)
⅓ cup grated cheese
3 tablespoons chopped walnuts
1 cup diced celery
1 cup diced apples sprinkled with 1 tablespoon lemon juice
Boiled salad dressing
Sweet or sour whipped cream
Lettuce

Method:—Mix cheese with nuts and stuff dates. Let stand several hours; then slice, add apples and celery. Mix thoroughly with equal quantities of salad dressing and cream. Serve in nests of lettuce.

249 WATERMELON SALAD

Cut a ripe watermelon in quarters and remove seeds. Cut out red fleshy part and break in pieces with silver knife or fork. Place in salad bowl and sprinkle with fruit sugar. Set bowl on ice or in very cold place until melon is thoroughly chilled. Just before serving pour over it a glass of claret or port.

250 BANANA SALAD

3 or 4 firm ripe bananas
Salt and pepper
Salad dressing
1 tablespoon chopped nuts
Lettuce

Method:—Slit bananas open from end to end, keeping skin in one piece. Take out fruit and cut in thin slices with silver knife. Mix with salad dressing, add nuts and seasonings. Fill banana skins with mixture, leaving them half open, then arrange crisp lettuce leaves on salad dish; place filled bananas on top and garnish with cress or nasturtium flowers.

251 BANANA AND CELERY SALAD

6 small bananas
6 tablespoons peanut butter
6 pieces celery
Lettuce
¾ cup mayonnaise

Method:—Stuff celery with peanut butter and cut into small pieces. Arrange on beds of lettuce with bananas sliced or diced. Serve with mayonnaise dressing, to which whipped cream may be added if desired.

252 BLACK-EYED SUSAN SALAD

Separate oranges into sections, allowing half a large fruit to a person. Cut figs into dice, mix with equal quantity of chopped celery and moisten slightly with French fruit salad dressing. Season orange sections with salad dressing and arrange, like Black-eyed Susan petals, on individual plates. Form centres with fig mixture and garnish salad with tips of celery.

253 WALNUT SALAD

2 cups walnuts
1 cup minced celery
Lemon juice
1 tablespoon olive oil
Mayonnaise
Lettuce and celery leaves
1 cup chopped apples

Method:—Soak walnuts in lemon juice for 1 hour; then mix with celery and apples. Sprinkle with olive oil and set on ice for 2 hours; then place in salad bowl lined with lettuce leaves and dress with mayonnaise. Garnish with white leaves of celery.

254 FRUIT SALAD (1)

Pare oranges and grapefruit and separate into sections. Cut pineapple into sections. Dip each section separately in French fruit salad dressing and arrange on lettuce leaves in rotation—grapefruit, orange and pineapple. Decorate with shredded Maraschino cherries.

255 FRUIT SALAD (2)

2 oranges
3 bananas
1 package of lemon jelly powder
1 cup boiling water
4 slices pineapple
¼ cup chopped walnuts
½ lb. grapes
Lettuce

Method:—Dissolve jelly powder in boiling water. Cool and add oranges, bananas and pineapple diced; add walnuts and grapes. Chill, and serve on lettuce leaves with whipped cream or fruit salad dressing.

256 BANANA, PINEAPPLE AND PEACH SALAD

Place rounds of pineapple on lettuce leaves on salad plates. Stand half a peeled banana in centre of pineapple. Lay peaches around pineapple, place a cherry on top of banana and pour salad dressing over all.

257 CRANBERRY JELLY SALAD

6 individual moulds cranberry jelly
6 rounds canned pineapple
Halved and seeded Malaga grapes
Parsley sprigs
Mayonnaise or cream honey dressing
French dressing

Method:—Season pineapple and grapes separately in French dressing for 15 minutes. Place a pineapple slice on each individual plate, turn a mould of jelly on to it, arrange grapes about the edge and pour a little dressing over all. Garnish with parsley sprigs and serve with mayonnaise or cream honey dressing.

258 PINEAPPLE WHIP

1 can diced pineapple
¼ lb. blanched almonds
15 marshmallows, quartered
½ cup whipping cream
2 tablespoons boiled salad dressing

Method:—Drain pineapple; add almonds and marshmallows; whip cream stiff and add salad dressing. Combine mixtures and beat with spoon.

259 WHITE PERFECTION SALAD

(Serves 15)

1 quart pineapple, cut finely
1 quart shredded cabbage
2 cups marshmallows, quartered
1 cup blanched almonds, quartered

Method:—Mix ingredients together thoroughly and serve with the following dressing:

Dressing

Juice of 2 lemons
2 tablespoons Purity Flour
Whites of 2 eggs
2 cups whipping cream

Method:—Mix lemon juice and flour and heat; then add to beaten egg whites. Return to heat and cook until thick. Cool, and just before serving salad, add whipping cream, and mix with fruit. Serve on lettuce leaf.

260 INDIVIDUAL SARDINE AND TOMATO SALAD

3 sardines
1 medium-sized tomato
2 olives
½ teaspoon chopped onion
1 sprig parsley, minced
Shredded lettuce
2 teaspoons chopped celery or cabbage
1 teaspoon chopped green pepper or pimento
¼ teaspoon white sugar
Mayonnaise

Method:—Peel tomato, cut thin slice off stem end, scoop out inside and mix with one of the olives chopped, onion, celery, pepper, sugar and 2 teaspoons thick mayonnaise. Return to tomato and set in nest of shredded lettuce. Place a spoon of mayonnaise on top and sprinkle with minced parsley. Surmount with remaining olive and lean three sardines against tomato to give a tent-like appearance.

261 LOBSTER SALAD

1 can or 3 cups cold boiled lobster, diced
1 cup diced celery
2 tablespoons olive oil
1 tablespoon vinegar
Salt and pepper
Mayonnaise
Lettuce

Method:—Mix lobster with celery, oil, vinegar, salt and pepper. Moisten with mayonnaise. Chill, arrange on lettuce leaves and garnish with mayonnaise.

262 CRAB OR SHRIMP SALAD

2 cans or 2 cups cooked shrimps or crabs
¾ cup diced celery
⅓ cup stuffed olives
French dressing
Cress or lettuce
Boiled salad dressing or mayonnaise

Method:—Dice fish; pour over them a little French dressing and let stand 30 minutes. Add celery and

olives. Mix with boiled salad dressing or mayonnaise and arrange within border of salad greens. Garnish with extra dressing and halved stuffed olives.

263 SALMON SALAD

2 cups canned salmon
1 cup canned peas
½ cup chopped celery
Boiled salad dressing
Lettuce or cress

Method:—Flake fish; add peas and celery and pour a generous quantity of salad dressing over mixture. Let stand 20 minutes. Arrange on bed of lettuce or cress.

264 TUNA FISH SALAD

1 large tin Tuna fish
1 cup diced celery
1 cup chopped olives
Boiled salad dressing
Lettuce

Method:—Shred fish, add celery and pour boiled salad dressing over mixture. Arrange on lettuce leaves and sprinkle with chopped olives.

265 OYSTER SALAD

12 oysters
1 head lettuce
3 teaspoons lemon juice
3 teaspoons chopped parsley
1 small bunch celery
Mayonnaise dressing

Method:—Prepare the oysters by cooking them in their own juice until the edges curl; drain and chill. Lay 2 oysters on lettuce leaves on each plate for individual servings, sprinkle with ½ teaspoon lemon juice and very finely chopped parsley and surround with strips of celery. Put whirl of mayonnaise in middle of each plate and serve with thin brown bread sandwiches.

266 JELLIED CHICKEN SALAD

4 cups chopped chicken
1½ cups chicken broth, well seasoned
1 tablespoon gelatine softened in ¼ cup cold water
1 teaspoon lemon juice
½ teaspoon onion juice
½ cup canned peas
½ cup diced cooked carrots
Salad dressing
Lettuce

Method:—Heat broth and add gelatine; add chicken, peas, carrots and juices of lemon and onion. Turn into moulds and chill. Unmould and serve on lettuce leaves with salad dressing.

267 JELLIED SALAD

½ lb. Baumert cheese
1 can tomato soup, heated
1 package lemon jelly powder
1½ cups chopped celery
1 green pepper, chopped
1 onion, chopped
½ cup chopped almonds
1 cup salad dressing
Lettuce

Method:—Dissolve jelly powder in hot soup; add cheese, celery, pepper, onion, almonds, and salad dressing. Turn into mould and let stand 24 hours. Unmould, slice, and serve on lettuce leaves with salad dressing.

268 PERFECTION SALAD

1 tablespoon gelatine softened in ¼ cup cold water
1 cup boiling water
1 cup chopped celery
2 tablespoons pimento
½ cup white sugar
½ cup vinegar
2 tablespoons lemon juice
1 teaspoon salt
½ cup chopped cabbage
Salad dressing
Lettuce

Method:—Dissolve gelatine in boiling water; add sugar, lemon juice, vinegar and salt. When it begins to jell, add chopped celery, cabbage and finely shredded pimento. Turn into mould and chill. Unmould and serve on lettuce leaves with salad dressing.

269 JELLIED TOMATO SALAD

Slice thin layer off blossom ends of required number of tomatoes. Scoop out pulp. Dissolve package of lemon jelly powder in 2 cups boiling water. Cool until just about to set; then fill up tomatoes. Let stand until it jells; then cut each tomato to resemble a flower. Place on lettuce leaf and put chopped celery mixed with salad dressing in centre of tomato.

270 TOMATO JELLY SALAD

2 tablespoons gelatine softened in ½ cup cold water
3 cups stewed tomatoes (canned or fresh)
½ bay leaf
2 whole cloves
1 teaspoon salt
2 teaspoons white sugar
⅛ teaspoon paprika
2 slices of onion
½ cup finely chopped celery
Mayonnaise or boiled salad dressing
Lettuce

Method:—Cook tomatoes, onion, sugar and seasonings 10 minutes; add gelatine. Mix thoroughly and strain through fine wire strainer. Turn into mould, or individual moulds, chill, and serve on head of crisp lettuce with mayonnaise or boiled salad dressing to which celery has been added.

271 JELLIED CELERY AND FRUIT SALAD

½ cup diced oranges
½ cup diced celery
1 cup diced apples
1 cup seeded grapes
½ cup white sugar
2 tablespoons lemon juice
2 teaspoons gelatine dissolved in 2 tablespoons cold water
1 cup boiling water
Salad dressing
Lettuce

Method:—Dissolve gelatine in boiling water; add lemon juice. Add fruit, celery and sugar. Turn into moulds and chill. Unmould and serve on lettuce leaves with salad dressing.

272 JELLIED FRUIT SALAD

Dissolve a package of jelly powder in 2 cups boiling water and when cool, add desired fruit. Chill until set. Serve with cold boiled custard or whipped cream.

For additional Salad Recipes see Apple Section.

PURITY FLOUR
BEST FOR ALL YOUR BAKING

SALAD DRESSINGS

273 BOILED SALAD DRESSING (1)

1 egg
¾ cup white sugar
2 teaspoons mustard
¼ teaspoon pepper
1 teaspoon salt
2 tablespoons Purity Flour
1 tablespoon butter
1 cup each of milk, water and vinegar

Method:—Beat egg, add sugar, mustard, butter, flour and seasonings; then add liquids gradually and cook in double boiler until thick.

274 BOILED SALAD DRESSING (2)

2 eggs
2 teaspoons mustard
1 tablespoon salt
6 tablespoons Purity Flour
2 tablespoons butter
¾ cup white sugar
1½ cups vinegar
2 cups milk

Method:—Beat eggs, add sugar, butter, salt, flour and mustard. Add vinegar and milk slowly. Cook in double boiler until thick.

275 BOILED SALAD DRESSING (3)

1 cup milk
3 tablespoons Purity Flour
3 tablespoons butter
3 eggs
1 cup vinegar
4 tablespoons white sugar
3 tablespoons mustard
2 teaspoons salt
⅛ teaspoon cayenne

Method:—Mix flour to smooth paste with 3 tablespoons milk. Scald remainder of milk and add gradually to flour paste. Return mixture to double boiler, stirring constantly. Cover and cook for 3 minutes, then add butter. Add sugar, salt, mustard and cayenne mixed with vinegar; then add beaten eggs, stirring rapidly. Cook until smooth and velvety. (This recipe makes about 1½ pints.)

276 BOILED OIL DRESSING

4 tablespoons Purity Flour
1 teaspoon mustard
2 teaspoons powdered sugar
1¼ teaspoons salt
⅛ teaspoon white pepper
½ cup vinegar and lemon juice
1 cup boiling water
1 cup and 2 tablespoons salad oil
2 egg yolks

Method:—Sift flour with mustard, sugar, salt and pepper; add 2 tablespoons of salad oil, vinegar and lemon juice and boiling water. Cook until thick, stirring constantly. Cool, beat in egg yolks (using a rotary egg beater); then add slowly 1 cup salad oil, beating constantly.

277 EGGLESS BOILED SALAD DRESSING

¾ teaspoon mustard
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon celery salt
1 tablespoon Purity Flour
1 tablespoon white sugar
1 cup cream
3 tablespoons vinegar

Method:—Mix flour, celery salt, mustard, sugar, salt and pepper; add cream, and stir until well blended;

then add boiling vinegar and cook until smooth and creamy. (¾ cup of milk and ¼ cup melted butter may be used instead of cream.)

278 SOUR CREAM SALAD DRESSING

1 teaspoon mustard
1 teaspoon white sugar
½ teaspoon salt
⅛ teaspoon pepper
1 tablespoon Purity Flour
½ cup milk
1½ teaspoons butter
1 egg
⅓ cup vinegar
½ cup sour cream

Method:—Combine flour, mustard, sugar, salt and pepper in double boiler. Beat egg, add milk, and stir into dry ingredients gradually. Cook, stirring constantly, until mixture coats the spoon (do not let water boil in bottom of double boiler). Add vinegar, heated, and butter. Remove from heat, cool and add sour cream.

279 UNCOOKED DRESSING

2 eggs
1 teaspoon salt
1 teaspoon mustard
2 cups vinegar
1 can condensed sweet milk

Method:—Beat eggs, add salt, mustard and milk; then stir in vinegar slowly and beat until frothy.

280 THOUSAND ISLAND DRESSING

1 cup mayonnaise or boiled dressing
2 tablespoons chili sauce
2 tablespoons catsup
2 tablespoons finely chopped pimento
2 tablespoons chopped gherkins or olives
2 eggs boiled hard, chopped
½ cup whipping cream

Method:—Combine all ingredients except cream. Chill thoroughly and, just before serving, fold in whipped cream. Serve on head lettuce.

281 MAYONNAISE DRESSING (1)

¾ cup white sugar
1 teaspoon salt
1½ cups vinegar
2 tablespoons Purity Flour
1 teaspoon mustard
2 eggs

Method:—Mix sugar, mustard, flour and salt; add vinegar gradually; then add beaten eggs. Cook in double boiler until thick. When using, thin with cream.

282 MAYONNAISE DRESSING (2)

½ cup vinegar
2 teaspoons white sugar
1 teaspoon mustard
5 tablespoons butter
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons Purity Flour
1 cup sweet milk
2 eggs

Method:—Melt butter, add salt, sugar, flour, mustard and pepper; then add vinegar and bring to boiling point. Add milk, stirring constantly, until thick. Remove from fire and fold in well-beaten eggs.

283 FRENCH DRESSING

3 tablespoons olive oil
1 tablespoon vinegar
½ teaspoon salt
Pepper and paprika

Method:—Combine ingredients and beat thoroughly.

284 FRENCH DRESSING IN QUANTITY

1 cup olive oil
⅓ cup vinegar
1½ teaspoons salt
¼ teaspoon pepper

Method:—Mix together in a screw-top glass jar. Shake until thoroughly blended each time before using. May be kept indefinitely.

285 FRUIT SALAD DRESSING

¼ cup pineapple juice
¼ cup lemon juice
2 eggs
¼ cup white sugar
½ cup whipping cream

Method:—Beat eggs, add sugar, pineapple and lemon juices. Cook in double boiler, stirring constantly until thick. Cool. Just before serving, add whipped cream.

286 FRENCH FRUIT SALAD DRESSING

3 tablespoons olive oil
1 tablespoon lemon juice
⅛ teaspoon salt
½ tablespoon powdered sugar

Method:—Combine ingredients and beat until thoroughly blended.

287 HONEY SALAD DRESSING

¼ cup olive oil
3 tablespoons honey
2 tablespoons lemon juice
Salt to taste

Method:—Combine ingredients and beat thoroughly. Use at once.

288 CREAM HONEY SALAD DRESSING

4 egg yolks
½ cup honey
Juice of 1 lemon
1 cup sweet cream
⅓ teaspoon salt
⅓ cup olive oil
¼ teaspoon paprika

Method:—Beat egg yolks thoroughly, then pour in honey, boiling hot. Cook for 1 minute, beating continuously; add seasonings, then fold in oil, lemon juice and cream and beat until stiff. Use with fruit salads only.



GELATINE AND JELLY DESSERTS

Fruit or nuts should be added to jellies after they have been chilled and are just beginning to set; otherwise they will sink to the bottom.

289 LEMON JELLY

2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup white sugar
½ cup lemon juice

Method:—Soften gelatine in cold water; dissolve in boiling water, strain and add sugar; cool; then add lemon juice. Turn into moulds and chill. Serve with custard, or stewed, or sliced, sweetened fruit.

290 ORANGE JELLY

2 tablespoons granulated gelatine
½ cup cold water
1½ cups boiling water
1 cup white sugar
3 tablespoons lemon juice
1½ cups orange juice

Method:—Soften gelatine in cold water. Dissolve in boiling water; strain and add sugar. Cool, add fruit juices; pour into moulds and chill.

291 ORANGE AND DATE JELLY

Prepare mixture for orange jelly, add a little nutmeg, and, when partly set, stir in 8 stoned and quartered dates and sections of 2 oranges. Pour into mould and chill.

292 QUICK MINT JELLY

2 tablespoons granulated gelatine
2½ cups boiling water
½ cup cold water
½ cup lemon juice
1 cup white sugar
1 bunch fresh mint
Green vegetable coloring

Method:—Chop mint, add boiling water and cook for 20 minutes; add sugar, and gelatine softened in cold water. Cool; add lemon juice. Strain and colour with vegetable coloring. Pour into individual moulds and chill. Serve with lamb.

293 ORANGE CHARLOTTE

1 cup orange juice and pulp
2 tablespoons lemon juice
1 cup white sugar
⅓ cup boiling water
Candied cherries
Chopped nuts
½ package gelatine
Whites of 2 eggs, well beaten
⅓ cup cold water
1 cup whipping cream

Method:—Soften gelatine in cold water, then add boiling water. Strain, add sugar, then cool and add fruit juices and orange pulp. Pour into bowl, let stand from 20 to 30 minutes; beat in egg whites and fold in whipped cream; lastly, add nuts. Pour into mould lined with pieces of orange. Garnish with candied cherries.

294 CHARLOTTE RUSSE

6 ladyfingers
2 cups whipping cream
⅓ cup white sugar
⅓ teaspoon vanilla
⅓ teaspoon lemon flavoring
⅓ teaspoon almond flavoring

Method:—Line mould with split ladyfingers. Whip 1½ cups cream until stiff; add sugar and flavorings.



Gelatine and Jelly Desserts

Pour into lined mould and place in refrigerator until thoroughly chilled. Unmould and serve with remaining ½ cup of cream, whipped.

295 FRESH STRAWBERRY BAVARIAN CREAM

1 package strawberry jelly powder
2 cups boiling water
¼ cup white sugar
2 cups whipping cream
2 cups strawberries

Method:—Wash, stem and cut berries; add sugar. Dissolve jelly powder in boiling water. Let cool until partly set; then beat, and add berries and whipped cream. Turn into mould and place in refrigerator until set. Serve in sherbet glasses. (Crushed pineapple may be used in this recipe—substituting pineapple juice, heated, for water.)

296 COFFEE DESSERT

1½ cups coffee infusion
⅔ cup white sugar
¼ teaspoon salt
1 tablespoon gelatine softened in ½ cup milk
3 eggs
½ teaspoon vanilla

Method:—Pour coffee into double boiler, add gelatine and half of sugar, and bring to boiling point; then add remainder of sugar, salt, and slightly beaten egg yolks; cook until thick. Remove from heat, add stiffly beaten egg whites, and vanilla. Pour into mould; chill, and serve with cream.

297 MAPLE PUDDING

Yolks of 3 eggs (unbeaten)
2 tablespoons gelatine softened in ¼ cup cold water
1 cup maple syrup
1 cup whipping cream

Method:—Place maple syrup in double boiler; add eggs and whip constantly until boiling point is reached. Remove from heat; add gelatine and beat until cold; then add half the whipped cream and beat until well mixed. Pour into mould and chill thoroughly. Serve with remainder of whipped cream.

298 BANANA SPONGE

1 tablespoon gelatine
¼ cup cold water
⅓ cup boiling water
Whites of 2 eggs
½ cup white sugar
2 tablespoons lemon juice
⅔ cup banana pulp

Method:—Add sugar to boiling water and boil 5 minutes; soften gelatine in cold water, dissolve in hot syrup, add lemon juice; then strain and chill, stirring occasionally. When partly set, add banana pulp and beat until foamy; then add stiffly beaten egg whites and beat until mixture begins to thicken. Pour into moistened mould. Serve with custard sauce (see Recipe No. 673).

299 ST. PATRICK'S PUDDING

2 cups rich pineapple syrup
¾ cup orange juice
¼ cup lemon juice
1½ packages pistachio jelly powder

Method:—Bring fruit juices to boiling point and pour over jelly powder. Stir until dissolved. Place mould in pan of ice water, pour in jelly ½ inch deep. When firm, set smaller mould of same design inside larger mould and fill with ice water. Pour jelly gradually between moulds

until it reaches 1 inch of top of smaller mould. When stiff, remove smaller mould and fill space with following cream mixture:

1 cup cream, whipped until stiff
1 cup pineapple, diced
½ cup macaroons, diced
8 marshmallows, quartered
3 tablespoons powdered sugar
½ tablespoon lemon juice
2 tablespoons apricot juice

Method:—Combine ingredients in order given; pour in remaining jelly and chill until set. Garnish with shamrock leaves cut from angelica or citron peel. Serve with whipped cream.

300 TROPICAL DESSERT

1 package lemon jelly powder
2 cups boiling water
6 figs, finely chopped
12 dates, finely chopped
1 banana, sliced thinly

Method:—Dissolve jelly powder in boiling water. Chill until partly set; then add fruit. Turn into mould and chill until firm. Unmould and serve with whipped cream.

301 PARADISE PUDDING

1 package lemon jelly powder
2 cups boiling water
½ cup almonds (blanched)
4 tablespoons white sugar
½ cup whipping cream
12 marshmallows, cut finely
12 maraschino cherries, cut coarsely
6 macaroons, crushed
¼ teaspoon salt

Method:—Dissolve jelly powder in boiling water. Chill until partly set; then beat with egg beater until of consistency of whipped cream. Add nuts, marshmallows, cherries, macaroons, sugar and salt. Fold in whipped cream, turn into loaf pan and chill until firm. Unmould and serve in ¾-inch slices.

302 FRUIT WHIP

1 cup drained, cooked, chopped and sweetened fruit
1 tablespoon lemon juice
¼ cup powdered sugar
2 egg whites
1 cup whipping cream

Method:—Mix fruit and lemon juice, and chill. Fold powdered sugar into stiffly beaten egg whites. Add fruit; then fold in whipped cream. Chill and serve in sherbet glasses with ladyfingers and macaroons.

303 FRESH RASPBERRY WHIP

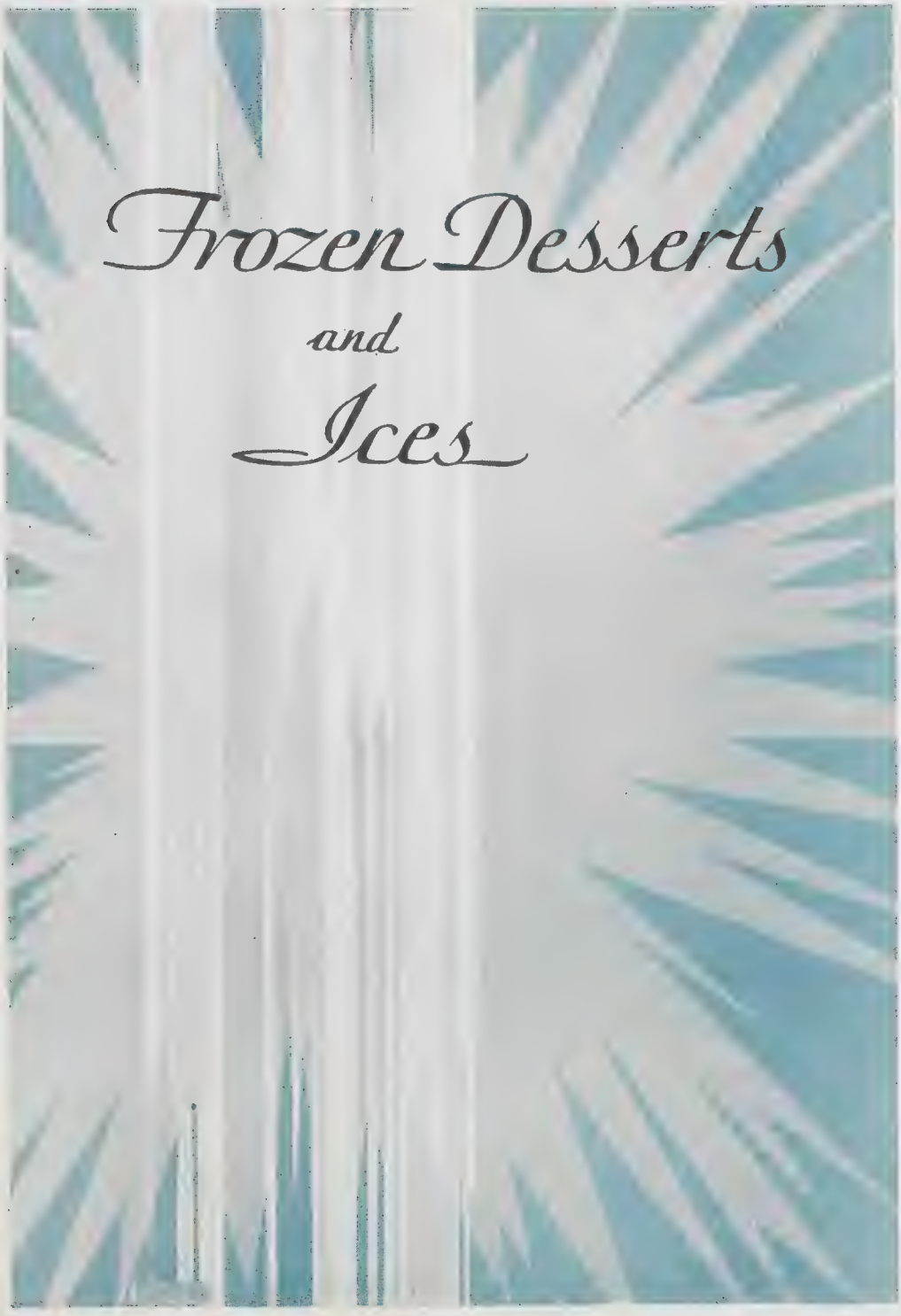
1¼ cups fresh raspberries
1 egg white, beaten until stiff
1 cup powdered sugar

Method:—Combine ingredients and beat with wire spoon for 20 to 30 minutes. Turn on to dish and surround with ladyfingers. Chill and serve with whipped cream.

304 VELVET CREAM

2 tablespoons strawberry jelly
2 tablespoons currant jelly
¾ cup whipping cream
2 tablespoons powdered sugar
Whites of 2 eggs

Method:—Beat egg whites until stiff; then add jellies and fold in whipped cream and sugar. Chill. Serve in sherbet glasses.


Frozen Desserts
and
Ices

GENERAL RULES

To Prepare Freezer:

Scald can and dasher, drain, fit together, adjust in wooden bucket and lock securely. Turn crank to make sure that freezer is properly fitted. Pack with freezing mixture.

Freezing Mixture:

Use 4 measures ice to 1 measure salt for smooth mixture of ice cream. For coarse mixtures of ices use 2 measures ice to 1 measure salt.

For packing: Use 6 measures ice to 1 measure salt. Have ice finely chopped and mixed with rock salt before packing freezer (always use coarse salt, never table salt).

To Pack Freezer:

Put ice and salt mixture around can. Pack well, turning crank occasionally. Ice and salt should surround can above level of mixture to be frozen.

To Freeze Mixture:

After packing freezer, wipe off cover, remove crank and cover, pour in mixture (never fill can more than ⅔ full), adjust cover and top. Let stand until thoroughly chilled; turn very slowly until mixture begins to turn hard, then increase speed.

To Pack Frozen Mixture:

When mixture is stiff, drain water from tub; remove crank, wipe off cover and remove dasher. Scrape mixture down from sides of can and pack down well with spoon. Adjust cover and insert cork. Repack tub with packing mixture and cover with heavy sack or newspapers.

To Mould Frozen Mixtures:

Scald mould, chill thoroughly; pack solidly with frozen mixture. Level off top, cover with waxed paper and adjust lid. Pack well with packing mixture, cover and let stand several hours.

305 ORANGE ICE

2 cups white sugar
4 cups water
3 tablespoons lemon juice
Grated rind of 1 orange
2½ cups orange juice

Method:—Boil sugar with water for 5 minutes. Cool; add fruit juices and orange rind and let stand 1 hour. Strain and freeze.

306 VANILLA ICE CREAM (1)

4 cups thin cream
¾ cup white sugar
2 teaspoons vanilla

Method:—Mix ingredients, place in freezer and freeze.

307 VANILLA ICE CREAM (2)

2 cups milk
1½ cups white sugar
1 teaspoon vanilla
2 tablespoons Purity Flour
1 egg
⅛ teaspoon salt
4 cups cream

Method:—Place milk and sugar in double boiler and bring to boiling point. Mix flour and salt with beaten egg; add milk gradually. Replace in double boiler and cook for 10 minutes. Cool, add cream and vanilla. Chill and place in freezer. Freeze.

308 STRAWBERRY ICE CREAM

4 cups milk
2 tablespoons Purity Flour
2 eggs
1 cup whipping cream
2½ cups white sugar
⅛ teaspoon salt
4 cups strawberries

Method:—Make custard by placing milk in double boiler and bringing to boiling point; add flour mixed with a little cold milk, cook 10 minutes, then add eggs beaten with salt and half the sugar, and cook 4 minutes longer; cool. Hull berries, wash and mash, adding remainder of sugar; then stir cream and berries into custard. Freeze.

309 LEMON SHERBET

4 cups water
1½ cups white sugar
¾ cup lemon juice
1 egg white

Method:—Make syrup by boiling water and sugar for 5 minutes; then add lemon juice, cool, strain, and place in freezer. When half-frozen, add stiffly beaten egg white and finish freezing.

310 GINGER ALE SHERBET

1 quart ginger ale
Juice of 1 lemon
1 cup white sugar
Juice of 1 orange
¼ lb. preserved cherries
1 teaspoon chopped mint

Method:—Mix ginger ale, fruit juices and sugar and place in freezer. When half-frozen, add mint and cherries, and finish freezing. Serve in sherbet glasses.

311 GRAPE FRAPPE

4 cups water
1½ cups white sugar
3 cups grape juice
¼ cup lemon juice

Method:—Make syrup by boiling sugar and water 10 minutes. Cool, add fruit juices and strain. Freeze to mush. Pack and, just before serving, beat thoroughly.

312 BAKED ALASKA

1 quart brick ice cream
4 egg whites
Layer of cake 1 inch thick
6 tablespoons fruit sugar

Method:—Cover a board with paper; place cake in centre. Unmould ice cream on cake (there should be about 1 inch of cake extending beyond brick on all sides). Cover ice cream and cake with stiffly beaten egg whites and sugar. Place on rack in hot oven to brown. Slip from paper to serving dish and serve at once, with hot chocolate sauce (see recipe No. 675).

313 NESSELRODE PUDDING

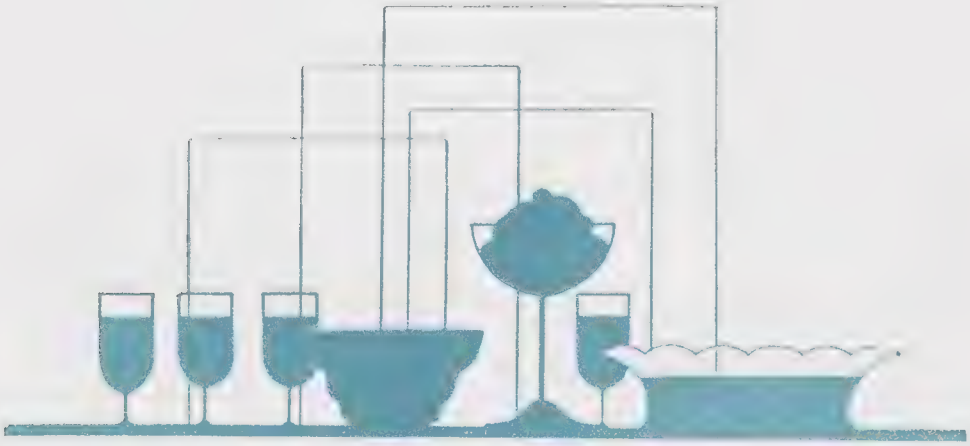
1 cup white sugar
1 cup boiling water
Yolks of 3 eggs
1 cup cream
1 teaspoon vanilla
2 tablespoons lemon juice
1 cup walnuts
1 cup almonds (blanched)
¼ lb. candied fruit
1 cup pineapple (canned or fresh)

Method:—Make syrup by boiling sugar and water 5 minutes; add gradually to slightly beaten egg yolks and cook over hot water until smooth. Cool, add cream, vanilla and lemon juice. Put nuts and fruit through food chopper and add to first mixture. Freeze, pack, and let stand 2 to 3 hours before serving.

314 FROZEN PEACHES

1 quart jar peaches
½ cup white sugar
4 cups peach syrup and water

Method:—Drain peaches and press through sieve. Boil peach syrup and water and sugar for 5 minutes; add peaches, and chill. Freeze.



CAKE FROSTINGS AND FILLINGS

Many variations of plain cakes may be made by using different frostings and fillings.

315 UNCOOKED ICING

1½ cups icing sugar
2 tablespoons boiling water
2 egg whites
½ teaspoon flavoring

Method:—Beat egg whites until stiff. Add sugar gradually; then add boiling water and flavoring. If too thin, add more icing sugar.

316 FUDGE FROSTING

2 cups brown sugar
2 squares grated chocolate
1 teaspoon butter
½ teaspoon vanilla
¾ cup milk

Method:—Place sugar, milk and chocolate in saucepan and stir over fire until sugar is dissolved. Boil without stirring until soft ball forms when tested in cold water. Remove pan from fire, add butter, and vanilla; set in cold water and beat until thick enough to spread.

317 ALMOND ICING

1 lb. shelled almonds
Yolks of 4 eggs
2 cups icing sugar
1 teaspoon rosewater
½ teaspoon bitter almond flavoring

Method:—Blanch almonds and put through meat chopper, using nut plate. Work to a paste, add unbeaten egg yolks, flavorings and sugar (mixture should be of consistency of dough), dredge pastry board with icing sugar, turn mixture out on it and roll or pat out to the shape of cake. Moisten cake with cold water, press icing on it and let stand 24 hours before covering with other icing.

318 TUTTI-FRUTTI FILLING

2 tablespoons gelatine softened in ½ cup cold water
2 cups white sugar
½ cup boiling water
½ teaspoon vanilla
⅓ teaspoon orange extract
3 tablespoons mixed candied fruit
2½ tablespoons chopped nuts

Method:—Make syrup by boiling water and sugar until mixture threads. Dissolve gelatine over steam and pour syrup slowly over it. Add flavorings; place in cold water and beat until thick; then stir in candied fruit and nuts.

319 BOILED ICING

2 cups white sugar
¾ cup water
3 egg whites

Method:—Make syrup by boiling sugar and water until mixture threads. Pour it over stiffly beaten egg whites. Beat until fluffy. This icing will not run (chopped nuts or fruit may be added).

320 CREAM FILLING

2 cups scalded milk
¼ teaspoon salt
1 teaspoon flavoring
⅓ cup Purity Flour
2 eggs
¾ cup white sugar

Method:—Scald milk, add slightly beaten eggs, salt, flour and sugar. Cook in double boiler 15 minutes or until thick, stirring frequently. Cool and add flavoring.

321 CHOCOLATE CREAM FILLING

Add 1½ squares grated chocolate (melted) to above recipe.

322 SUBSTITUTE FOR WHIPPED CREAM

2 egg whites
1 teaspoon flavoring
¼ cup condensed milk
¼ lb. marshmallows

Method:—Beat egg whites until stiff and dry. Add milk slowly, beating constantly. Heat marshmallows in double boiler until soft and add to above mixture; then add flavoring and beat well.

323 ORANGE FILLING

½ cup white sugar
1½ tablespoons butter
2 tablespoons Purity Flour
Grated rind of 1 orange
4 tablespoons orange juice

Method:—Melt butter, add flour, orange juice and rind. Cook in double boiler until very thick. Remove from fire. Add sugar and beat well. Cool.

324 SEVEN MINUTE FROSTING

1 egg white
3 tablespoons cold water
⅞ cup white sugar
1 teaspoon flavoring

Method:—Place sugar and water in double boiler and heat until sugar is dissolved; then add unbeaten egg white and beat for 7 minutes; add flavoring. Remove from heat and beat longer, if necessary. (It should be of consistency to mound.)

325 CHOCOLATE FROSTING

Add to above: 1½ ozs. unsweetened chocolate (melted) 3 minutes before taking from fire and beat 3 minutes longer (10 minutes in all).

326 MARSHMALLOW FROSTING

Add eight marshmallows, cut finely, to Seven Minute Frosting, after it becomes thick. Beat until marshmallows are melted.

327 MOCHA ICING

3 tablespoons butter
1 tablespoon cocoa
2 tablespoons strong, hot coffee
1 cup icing sugar (or more)

Method:—Cream butter with 2 tablespoons sugar sifted with cocoa. Add coffee gradually; sift in sufficient sugar to make mixture stiff enough to spread.

328 LEMON FILLING

4 tablespoons Purity Flour
½ cup white sugar
½ cup boiling water
1 teaspoon butter
2 egg yolks
3 tablespoons lemon juice
Grated rind of 1 lemon

Method:—Mix flour and sugar, add boiling water. Cook, stirring constantly until thick, then continue cooking 10 minutes, stirring frequently. Add butter and slightly beaten egg yolks. Remove from heat; add lemon juice and rind.

329 DATE FILLING

½ lb. dates
½ cup white or brown sugar
1 cup water
1 tablespoon orange juice

Method:—Wash and stone dates; add water and sugar; cook until thick; then add orange juice and cool (chopped nuts may be added).

330 HONEY FUDGE ICING

1 teaspoon salt
2 cups icing sugar
5 tablespoons cocoa
3 tablespoons whipped cream
3 tablespoons honey
1 tablespoon melted butter
6 tablespoons milk

Method:—Sift cocoa with sugar and salt; add butter mixed with honey. Beat in whipped cream; then add milk Continue beating until mixture is light and fluffy.

331 GENERAL RULES FOR ICING CAKES

Cake should be cold before putting on icing.

To prevent icing from becoming dark, fruit cake should be brushed over with white of egg, which should be allowed to dry before putting on icing.

Substitutes for frosting:

(a) Blanched almonds cut in pieces and sprinkled over batter before baking.

(b) ¼ cup white sugar mixed with ¼ teaspoon cinnamon sprinkled over batter.

(c) ½ cup white sugar dissolved in ½ cup orange juice and poured on cake while hot.



PURITY FLOUR
BEST FOR ALL YOUR BAKING

CAKE MAKING

Women who have made for themselves an enviable reputation as cake bakers often find, on moving to a different part of the country, that, to begin with at any rate, their results are quite disappointing. The reason for this is that many cake recipes require modification with changes in altitude and atmospheric conditions.

The recipes in this book are designed for average conditions. With increasing altitude, cakes require less leavening, and, therefore, slight reductions should be made in the amount of sugar and baking powder and also in the creaming time. At high altitudes somewhat lower oven temperatures should also be used. As sea level is approached, slightly increased amounts of sugar and baking powder may be used with advantage, and the shortening and sugar should be very thoroughly creamed.

The other factor for which compensation must be made is the humidity of the air. On the prairies, and especially in the mountains, flour dries out very fast and, to adjust for this when making cakes, extra liquid must be added.

Remember, when experimenting with any recipe, that it is best to make only one change at a time and to make the change a small one. If the cake is improved, a further modification in the same direction may be made; if not, a start should be made in some other direction.

If our readers will bear these points in mind it is believed that they will have little difficulty in adapting the following recipes to suit conditions prevailing in their locality.

GENERAL RULES

1. Have all necessary utensils and ingredients ready before beginning to mix cake, and make sure that oven is at proper temperature when cake is ready to be baked.
2. A round bottom bowl is the best type of mixing bowl.
3. A wooden spoon is more suitable for beating than a metal spoon, and is noiseless.
4. A wire beater should be used in beating egg whites.
5. Shortening for cake making must be of best quality.
6. Fine granulated sugar makes a finer textured cake than coarse granulated. If coarse granulated or brown sugar is used, it should be sifted and only the finer particles used.
7. Sift flour before measuring. After combining dry materials—flour, baking powder, salt and spices—sift again.
8. Break eggs carefully and in separating see that no particles of yolk are dropped into the whites. When yolks and whites of eggs are added separately, beat yolks until thick and lemon colored, then fold in egg whites, beaten until stiff.
9. Prolonged beating is the only way to secure fine-grained cake. Do not stir, but beat thoroughly, bringing the batter up from the bottom of the dish at every stroke, thus driving the air into the cells of the batter.
10. Fruits should be thoroughly cleaned—a good rule is to sprinkle them with flour, then rub with towel. (Cakes are sometimes made heavy by having moistened fruit added.) Fruits and nuts should be lightly dredged with flour before adding to other ingredients.
11. There are two types of cake, shortened (butter) cake and unshortened (sponge) cake. Grease cake pan, in which butter cakes are baked, with melted shortening. Fruit cakes should be baked in pans oiled and lined with wax paper. Pans for butterless cakes, such as sponge cake, should never be oiled or lined with paper. Butter cakes should remain in

pan 5 minutes after removing from oven. Sponge cakes should be inverted over rack and allowed to stand until cool.

12. Test for oven without thermometer—if a piece of white paper turns a deep yellow in 5 minutes it is ready for butter cake—if it turns a light yellow in 5 minutes it is ready for sponge cake.
13. Do not open oven door until cake is set and do not jar oven while cake is baking.
14. When baked, cake shrinks from the pan, or if broom straw or bone knitting needle is inserted into the middle of cake and comes out perfectly clean, it is certain that cake is baked.

Defects	*Causes*
1. Falling or heavy product:	Too little flour; too slow a fire; too much sugar or fat; uneven temperature of oven.
2. Coarse-grained cake:	Too much shortening; careless mixing.
3. Cracks on top of cake:	Too much flour; too hot an oven.
4. Uneven rising:	Improper placing of cake in pan or in oven; too much flour; uneven heat of oven.
5. Rough edges:	Too much sugar; too much fat; too little flour.

332 SPONGE CAKE

6 eggs
1 cup white sugar
½ grated lemon rind
1 tablespoon lemon juice
¼ cup Purity Flour
½ teaspoon baking powder
¼ teaspoon salt
½ teaspoon cream of tartar

Method:—1. Beat egg yolks until thick. 2. Add sugar gradually. 3. Add lemon juice and rind and continue beating. 4. Add salt and cream of tartar to beaten egg whites. 5. Fold in part of egg white mixture to Mixture No. 3. 6. Sift flour with baking powder 3 times and add to Mixture No. 3. 7. Fold in carefully remainder of egg whites. 8. Bake 1 hour in slow oven of 225 degrees. 9. Invert pan and cool.

333 ORANGE SPONGE CAKE

3 eggs
1 cup white sugar
2 teaspoons baking powder
1 cup Purity Flour
⅛ teaspoon salt
Juice and rind of orange

Method:—1. Beat eggs until thick and lemon colored. 2. Add sugar gradually. 3. Add juice and grated rind of orange. 4. Sift flour with baking powder and salt 3 times and add to Mixture No. 3. 5. Bake in tube pan in moderate oven of 350 degrees for 40 minutes.

334 LEMON SPONGE CAKE

4 eggs
1 cup white sugar
¾ cup cold water
2 cups Purity Flour
3 teaspoons baking powder
Juice and rind of 1 lemon
⅛ teaspoon salt

Method:—1. Beat eggs until light. 2. Add sugar gradually. 3. Add grated rind and juice of lemon. 4. Sift flour with baking powder and salt 3 times and add alternately with water to Mixture No. 3. 5. Bake in tube pan in moderate oven of 350 degrees for 40 minutes.

335 CHOCOLATE SPONGE ROLLS

1 cup white sugar
4 eggs
¼ cup milk
1½ squares chocolate (melted)
¾ cup Purity Flour
1 teaspoon baking powder
½ teaspoon vanilla
⅛ teaspoon salt

Method:—1. Beat egg yolks with sugar until light. 2. Add chocolate, milk and vanilla. 3. Sift flour with baking powder and salt and add alternately with stiffly beaten egg whites to Mixture No. 2. 4. Bake in thin sheets in two square pans for 20 minutes in moderate oven of 350 degrees. 5. Turn out on damp towel sifted with fine sugar; spread quickly with marshmallow frosting (see Recipe No. 326) and roll at once like a jelly roll.

336 NUT SPONGE CAKE

5 egg yolks
1 cup white sugar
Juice and rind of ½ lemon
1 cup Purity Flour
½ cup nuts, finely chopped and floured
¼ teaspoon salt

Method:—1. Beat egg yolks; add sugar, salt, juice and rind of lemon, sifted flour, and nuts. 2. Pour into ungreased pan and bake in moderate oven of 325 degrees for 50 to 60 minutes. 3. When cooked, invert pan and cake will drop out.

337 PLAIN BUTTER CAKE

½ cup butter
1 cup white sugar
½ cup milk
¼ teaspoon salt
1½ cups Purity Flour
1 teaspoon vanilla
2 teaspoons baking powder
2 eggs

Method:—1. Cream butter. 2. Add sugar gradually and mix well. 3. Add egg yolks and beat until creamy. 4. Add vanilla. 5. Sift flour with baking powder and salt, and add, alternately, with milk to Mixture No. 4. 6. Lastly, fold in stiffly beaten egg whites. 7. Bake in well-greased layer cake tins for 20 minutes in moderate oven of 350 degrees.

CANADA CAKE
(*See Recipe No. 339*)



338 VARIATIONS OF PLAIN BUTTER CAKE

White Cake:	Use 4 egg whites
Yellow Cake:	Use 4 egg yolks and 2 tablespoons less Purity Flour
Chocolate Cake:	Use 2 squares chocolate and 3 tablespoons less Purity Flour
Spice Cake:	Use following spices: ½ teaspoon cinnamon, ½ teaspoon cloves, ½ teaspoon nutmeg, or ½ teaspoon allspice
Fruit Cake:	Use ½ cup raisins, ¼ cup citron and ¼ cup currants
Nut Cake:	Use ½ cup of any nuts

339 CANADA CAKE

1 cup white sugar
2 eggs
½ cup milk
½ cup butter
1½ cups Purity Flour
1½ teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla

Method:—1. Cream butter. 2. Add sugar gradually. 3. Beat in unbeaten eggs. 4. Add milk and vanilla. 5. Sift flour with baking powder and salt and add to Mixture No. 4. 6. Bake in layer or loaf cake tins in moderate oven of 375 degrees for 20 minutes.

340 MARY CAKE

½ cup white sugar
1 tablespoon melted butter
1 cup milk
1 teaspoon cinnamon
2 cups Purity Flour
1 egg
½ teaspoon salt
2 teaspoons baking powder

Method:—1. Sift flour with baking powder, salt and sugar; add melted butter, beaten egg and milk; beat well. 2. Pour into shallow pan. 3. Sprinkle sugar and cinnamon on top. 4. Bake in moderate oven of 375 degrees for 20 minutes.

341 BOSTON CREAM CAKE

½ cup butter
1 cup white sugar
2 eggs
1 teaspoon vanilla
1½ cups Purity Flour
4 tablespoons cornstarch
4 teaspoons baking powder
½ teaspoon salt
1 cup milk

Method:—1. Cream butter; add sugar, beaten egg yolks and vanilla. 2. Sift flour with cornstarch, baking powder and salt 4 times and add alternately with milk to Mixture No. 1. 3. Fold in beaten egg whites. 4. Bake in layer cake tins in moderate oven of 350 degrees for 20 to 25 minutes. 5. Put layers together with cream filling (see Recipe No. 320) and ice with chocolate frosting (see Recipe No. 325).

342 PURITY STANDARD LIGHT CAKE

⅓ cup butter
1 cup white sugar
2 eggs
⅛ teaspoon salt
2 cups Purity Flour
2 teaspoons baking powder
1 cup milk
1 teaspoon vanilla

Method:—1. Cream butter; add sugar and blend well. 2. Add well-beaten eggs. 3. Sift flour with baking powder and salt 3 times and add alternately with milk to Mixture

No. 2. 4. Lastly, add vanilla. 5. Bake in moderate oven of 325 degrees for 35 minutes. 6. Cool, then cut into 1½ inch squares. 7. Ice all around and roll in finely chopped walnuts or almonds that have been browned in oven.

343 POUND CAKE

1 lb. (2 cups) white sugar
1⅓ cups butter
8 eggs
1 lb. (3½ cups) Purity Flour
1 teaspoon mace
2 teaspoons baking powder
¼ teaspoon salt

Method:—1. Cream butter; add sugar. 2. Beat in eggs one at a time. 3. Sift flour with baking powder, salt and mace and add to Mixture No. 2. 4. Bake in two large oiled pans for 1 hour in slow oven of 250 degrees.



CHOCOLATE CAKE
(See Recipe No. 355)

344 NEVER-FAIL CAKE

½ cup butter
1 cup white sugar
2 eggs
1 cup milk
2 cups Purity Flour
1 teaspoon soda
2 teaspoons cream of tartar
1 teaspoon flavoring

Method:—1. Cream butter and sugar; add well-beaten eggs and flavoring. 2. Sift flour with cream of tartar and soda and add, alternately, with milk to Mixture No. 1. 3. Bake in moderate oven of 350 degrees for 20 minutes. Ice with boiled icing (see Recipe No. 319).

345 ONE EGG CAKE

1 cup butter
1 egg
1 cup white sugar
2 cups Purity Flour
3 teaspoons baking powder
1 cup milk

Method:—1. Cream butter; add sugar and beaten egg. 2. Sift flour with baking powder and add, alternately, with milk to Mixture No. 1. 3. Bake in moderate oven of 375 degrees for 20 minutes.

346 BANANA CAKE

½ cup butter
1 cup white sugar
2 eggs
4 tablespoons sour milk
1 teaspoon soda
1¾ cups Purity Flour
2 teaspoons baking powder
¼ teaspoon salt
1 teaspoon vanilla
1 cup mashed bananas

Method:—1. Cream butter; add sugar. 2. Add well-beaten eggs. 3. Add bananas and vanilla; beat well. 4. Dissolve soda in milk. 5. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 3. 6. Bake in loaf tin 50 minutes in moderate oven of 350 degrees.

347 ANGEL CAKE

11 egg whites
1½ cups sifted powdered sugar
¼ teaspoon salt
1 cup Purity Flour
1 teaspoon cream of tartar
1 teaspoon lemon extract or
½ teaspoon rosewater

Method:—1. Beat egg whites until stiff, then add flavoring. 2. Sift flour with cream of tartar, sugar and salt three times and add gradually to Mixture No. 1, beating constantly. 3. Turn immediately into angel cake tin and bake in moderate oven of 325 degrees for 45 minutes. (Place in centre of oven and do not open door during the first 15 minutes.) 4. Invert pan over rack and let stand until cool.

348 TOMATO SOUP CAKE

⅓ cup shortening
1 cup white sugar
1 can tomato soup
1 teaspoon soda
1½ cups Purity Flour
1 teaspoon cinnamon
½ teaspoon cloves
1 cup raisins

Method:—1. Cream sugar and shortening. 2. Dissolve soda in soup and add to Mixture No. 1. 3. Add flour sifted with spices; add raisins and mix thoroughly. 4. Bake 1 hour in moderate oven of 325 degrees.

By the addition of peel, nuts and currants, this cake may be transformed into a delicious fruit cake.

349 WATERMELON CAKE

½ cup butter
1 cup milk
1 teaspoon lemon flavoring
¼ teaspoon salt
1 cup white sugar
2 cups Purity Flour
3 egg whites
3½ teaspoons baking powder
½ cup raisins
½ teaspoon red vegetable coloring

Method:—1. Cream butter; add sugar. 2. Add flavoring. 3. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 2. 4. Fold in stiffly beaten egg whites. 5. Place half of mixture in well-oiled pan. 6. To remaining half of mixture, add coloring and raisins and place in centre of white mixture in pan. 7. Bake in moderate oven of 375 degrees for 30 minutes. 8. Ice with icing colored with green vegetable coloring. Cake resembles watermelon when cut.

350 DAFFODIL CAKE

6 eggs
1 cup fine white sugar
1 teaspoon baking powder
½ teaspoon salt
1 cup Purity Flour
1 teaspoon cream of tartar
2 tablespoons cold water
1 teaspoon almond, lemon or vanilla flavoring

Method:—1. Combine egg yolks with ½ cup sugar and cold water and beat for 10 minutes. 2. Fold flavoring, remaining ½ cup sugar and ¼ teaspoon salt into stiffly beaten egg whites. 3. Sift ½ cup flour with cream of tartar 4 times and fold into Mixture No. 2. 4. Turn into tube or loaf pan. 5. Sift remaining ½ cup flour with baking powder and ¼ teaspoon salt, and add to Mixture No. 1. 6. Pour Mixture No. 5 into white mixture in pan (do not stir). 7. Bake in slow oven of 250 degrees for 45 minutes.

351 RASPBERRY CAKE

¾ cup butter
3 eggs
1 teaspoon soda
¼ teaspoon salt
1½ cups Purity Flour
1 cup white sugar
1 cup canned or fresh raspberries

Method:—1. Cream butter and sugar; add egg yolks. 2. Sift flour with soda and salt and add with fruit to Mixture No. 1. 3. Lastly, add beaten egg whites. 4. Bake in moderate oven of 325 degrees for 20 to 25 minutes. 5. Ice with mocha icing (see Recipe No. 327).



RICH FRUIT SHORTCAKE

(See Recipe No. 385)



352 ORANGE CAKE

½ cup butter
1 cup fine or fruit sugar
¾ cup egg yolks (approximately 8 required)
½ cup orange juice
1½ cups Purity Flour
2 teaspoons baking powder
½ teaspoon nutmeg (optional)
½ teaspoon salt
Grated rind of 1 orange

Method:—1. Cream butter; add sugar gradually. 2. Beat yolks until lemon colored and add to Mixture No. 1; beat well. 3. Add grated rind of orange, and nutmeg (if used). 4. Sift flour with baking powder and salt 3 times and add, alternately, with orange juice to Mixture No. 3. 5. Half fill well-greased and floured tins (tube or loaf) and bake in moderate oven of 350 degrees for 40 minutes.

353 WHITE CAKE

½ cup shortening
1½ cups fine white sugar
8 egg whites
1 teaspoon salt
2⅞ cups Purity Flour
2 teaspoons baking powder
1 cup cold water
1 teaspoon vanilla
1 teaspoon almond essence

Method:—1. Cream shortening and add sugar. 2. Sift flour with salt and baking powder and add one-third of it to Mixture No. 1. 3. Add, alternately, remainder of flour mixture and water; add flavorings. 4. Fold in stiffly beaten egg whites. 5. Bake in moderate oven of 350 degrees for 40 minutes.

354 GOLD AND WHITE CAKE

(*Part 1*)

¾ cup white sugar
5 egg whites
¼ teaspoon salt
½ cup Purity Flour
½ teaspoon cream of tartar
½ teaspoon vanilla

Method:—1. Beat egg whites until stiff. 2. Beat in sugar and vanilla gradually. 3. Sift flour with cream of tartar and salt 4 times. 4. Fold Mixture No. 2 into Mixture No. 3. 5. Bake in layer tin in moderate oven of 350 degrees for 25 minutes.

(*Part 2*)

1 cup white sugar
5 egg yolks
¼ teaspoon salt
½ teaspoon soda
1¼ cups Purity Flour
1 teaspoon cream of tartar
½ cup milk
1 teaspoon vanilla

Method:—1. Beat egg yolks light; cream with sugar. 2. Add milk and vanilla. 3. Sift flour with soda, cream of tartar and salt and add to Mixture No. 2; beat well. 4. Bake in 2 layer tins in moderate oven of 350 degrees for 25 minutes. 5. Put cakes together with boiled icing (see Recipe No. 319), placing white layer in centre.

355 CHOCOLATE CAKE (1)

2 eggs
1 cup white sugar
⅓ cup butter
1 cup milk or buttermilk
1½ cups Purity Flour
1 teaspoon baking powder
3 tablespoons cocoa
1 teaspoon soda
1 teaspoon vanilla
¼ teaspoon salt

Method:—1. Cream butter and sugar; add beaten eggs and beat for 3 minutes. 2. Sift flour with baking powder, cocoa and salt twice, and add, alternately, with milk to Mixture No. 1. 3. Dissolve soda in a little warm water or, if buttermilk is used, dissolve in buttermilk. 4. Add vanilla and beat well. 5. Bake for 25 minutes in moderate oven of 325 degrees. Whipped cream may be used for icing.

356 CHOCOLATE CAKE (2)

½ cup grated chocolate or cocoa
1 teaspoon soda
1 cup boiling water
2 cups brown sugar
½ cup butter
2 cups Purity Flour
2 eggs
1 cup sour cream
2 teaspoons baking powder
½ teaspoon vanilla
¼ teaspoon salt

Method:—1. Dissolve soda and chocolate or cocoa in boiling water and let stand for a few minutes. 2. Cream butter and sugar; add beaten egg yolks, vanilla, chocolate mixture and sour cream. 3. Sift flour with baking powder and salt and add to Mixture No. 2. 4. Lastly, fold in beaten egg whites. 5. Bake in moderate oven of 350 degrees for 40 minutes.

357 CHOCOLATE CREAM CAKE

1 cup cream
1 cup white sugar
2 teaspoons melted butter
1 teaspoon baking powder
4 tablespoons cocoa
1¾ cups Purity Flour
2 eggs
½ teaspoon soda
¼ teaspoon salt
1 teaspoon vanilla

Method:—1. Cream butter and sugar. 2. Add to cocoa sufficient boiling water to dissolve, add soda and combine with Mixture No. 1. 3. Beat in eggs and add vanilla. 4. Sift flour with baking powder and salt and add, alternately, with cream to Mixture No. 3. 5. Bake in layer cake tins in moderate oven of 350 degrees for 25 minutes.

358 CHOCOLATE MAZOLA CAKE

⅓ cup Mazola
1 egg
1 cup white or brown sugar
1 teaspoon salt
¼ cup hot water
1½ cups Purity Flour
4 tablespoons cocoa or 6 tablespoons chocolate
½ teaspoon soda
1 teaspoon baking powder
¼ cup milk

Method:—1. Dissolve chocolate or cocoa and soda in hot water and let stand for a few minutes. 2. Beat egg and add sugar and Mazola; add Mixture No. 1. 3. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 2. 4. Place in loaf or layer cake tins and bake in moderate oven of 350 degrees for 35 minutes.

359 CHOCOLATE ORANGE CAKE

½ cup white sugar
1 egg
½ cup walnuts
½ teaspoon soda
1½ cups Purity Flour
¼ teaspoon salt
2 tablespoons cocoa
1 cup sour milk
½ cup shortening

Method:—1. Cream shortening. 2. Add sugar and well-beaten egg.

CHRISTMAS OR WEDDING CAKE

(See Recipe No. 371)



3. Dissolve soda in milk and add to Mixture No. 2. 4. Sift flour with cocoa and salt and add to Mixture No. 3. 5. Add walnuts, slightly dredged with flour. 6. Bake in 2 layer cake tins 20 minutes in moderate oven of 350 degrees. Ice with boiled icing (see Recipe No. 319), to which has been added 3 tablespoons orange juice.

360 COCOA CAKE AND DOUBLE ICING

1 cup white sugar
2 tablespoons butter
1 cup milk
1 egg
¼ teaspoon salt
1½ cups Purity Flour
1 teaspoon soda
1 teaspoon baking powder
1 teaspoon vanilla
½ cup cocoa

Method:—1. Blend cocoa with ½ cup milk and cook until thick. Remove from heat and beat in egg yolk. 2. Cream butter and sugar and add remaining ½ cup milk. 3. Sift flour with baking powder, soda and salt, and add to Mixture No. 2. 4. Add vanilla, and cocoa mixture. 5. Lastly, add beaten egg white. 6. Bake in square pan in moderate oven of 350 degrees for 35 minutes. 7. Ice with double icing.

Double Icing

1½ cups icing sugar
1 tablespoon butter
Milk to moisten

Method:—Blend icing sugar, butter and milk, and ice cake with one-half of it. To remainder add 1 square of melted chocolate and spread this icing evenly over white icing.

361 PRINCE OF WALES CAKE

½ cup butter
1 cup white sugar
2 eggs
1 cup walnuts
½ cup milk
2 cups Purity Flour
2 teaspoons cream of tartar
1 teaspoon soda
⅔ cup grated chocolate
1 teaspoon vanilla
¾ cup boiling water

Method:—1. Cream butter. 2. Add sugar and beaten egg yolks. 3. Dissolve chocolate and soda in boiling water. 4. Add milk to Mixture No. 2, then add chocolate mixture, walnuts and vanilla. 5. Add flour sifted with cream of tartar, and, lastly, add beaten egg whites. 6. Bake in two layer tins in moderate oven of 350 degrees for 20 minutes. Put layers together with orange filling and ice with boiled icing (see Recipe Nos. 323 and 319).

362 DEVIL'S CAKE

2 cups brown sugar
½ cup butter
2 eggs
½ cup boiling water
⅓ cup cocoa
½ cup sour milk
½ teaspoon soda
1 teaspoon baking powder
⅛ teaspoon salt
1¾ cups Purity Flour

Method:—1. Cream butter with sugar thoroughly. 2. Add well-beaten eggs. 3. Dissolve soda and cocoa in the boiling water and add to Mixture No. 2. 4. Sift flour with baking powder and salt and add alternately with milk to Mixture No. 3. 5. Bake in slow oven of 300 degrees for 35 minutes.

363 DEVIL'S FOOD CAKE

Custard

1 cup grated chocolate
½ cup milk
1 cup brown sugar
1 egg yolk
1 teaspoon vanilla

Method:—1. Beat egg yolk, add sugar, chocolate and vanilla. 2. Add milk gradually, and cook in double boiler until thick.

Cake Mixture

1 cup brown sugar
½ cup butter
2 eggs
2 cups Purity Flour
½ cup milk
1 teaspoon soda
¼ teaspoon salt

Method:—1. Cream butter; add sugar, beaten egg yolks and salt. 2. Add milk, flour and beaten egg whites; beat well, then add custard. 3. Dissolve soda in a little warm water and add to Mixture No. 2. 4. Bake in layer cake tins 25 minutes in moderate oven of 350 degrees. Ice with marshmallow frosting (see Recipe No. 326).



JELLY ROLL
(See Recipe No. 388)

364 FUDGE CAKE

½ cup butter
1½ cups brown sugar
2 eggs
½ cup milk
2 squares grated chocolate
1¾ cups Purity Flour
1½ teaspoons cream of tartar
1 teaspoon soda
1 teaspoon vanilla
¾ cup boiling water

Method:—1. Cream butter and sugar; add beaten eggs. 2. Dissolve chocolate and soda in boiling water and combine with Mixture No. 1. 3. Sift flour with cream of tartar and add, alternately, with milk to Mixture No. 2; add vanilla. 4. Bake in layer cake tins in moderate oven of 375 degrees for 30 to 35 minutes. Ice with Fudge Frosting (see Recipe No. 316).

365 BURNT LEATHER CAKE

½ cup brown sugar
¼ cup boiling water
½ cup butter
1 cup white sugar
2 cups Purity Flour
2 eggs
3 teaspoons baking powder
1 teaspoon vanilla
1 cup cold water

Syrup.—Heat brown sugar in pan over fire until dark brown; then add boiling water.

Method:—1. Cream butter, add sugar and beaten egg yolks; cream well. 2. Sift flour with baking powder and add, alternately, with water to Mixture No. 1. 3. Add syrup (there should be about 5 tablespoons) and vanilla. 4. Lastly, add stiffly beaten egg whites. 5. Bake in layer cake tins in moderate oven of 350 degrees for 20 minutes. Ice with boiled icing (see Recipe No. 319).

366 BRIDE'S CAKE (1)

1 cup shortening
2 cups white sugar
¾ cup milk
¼ teaspoon salt
2½ cups Purity Flour
Whites of 6 eggs
3 teaspoons baking powder
1 teaspoon almond flavoring

Method:—1. Cream shortening; add sugar gradually. 2. Add flavoring and beat until smooth. 3. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 2. 4. Beat whites of eggs until very stiff and fold (do not beat) into batter. 5. Bake in oiled pan in moderate oven of 350 degrees for 1 hour.

367 BRIDE'S CAKE (2)

(2 Large Cakes)

1 lb. butter
½ lb. candied pineapple
½ lb. candied cherries
½ lb. almonds
¼ lb. citron peel
1 cup raisins
3 cups Purity Flour
1½ cups white sugar
3 eggs
½ lb. cocoanut
2 tablespoons rosewater
1 cup orange juice

Prepare fruit:—Shred pineapple and citron peel; cut up cherries and almonds; pour ½ cup orange juice over fruit and let stand overnight.

Method:—1. Soak cocoanut in rosewater for ½ hour. 2. Cream butter; add sugar and well-beaten eggs and combine with Mixture No. 1. 3. Add remainder of orange juice; add flour, mixed fruit, chopped raisins and cocoanut. 4. Bake in oiled and lined tins 3 hours in slow oven of 250 degrees.

368 BALMORAL CAKE

¾ cup butter
1 cup white sugar
1 cup raisins
¼ cup mixed peel, cut finely
1½ cups Purity Flour
3 eggs
1 teaspoon baking powder
½ cup chopped walnuts

Method:—1. Cream butter. 2. Add sugar and well-beaten eggs. 3. Add flour sifted with baking powder. 4. Lastly, add raisins, peel and nuts. 5. Bake in loaf pan in moderate oven of 350 degrees for 1 hour.

369 LIGHT FRUIT CAKE

1 cup butter
2 cups white sugar
4 eggs
1 cup milk
½ lb. cocoanut
3 cups Purity Flour
½ lb. mixed peel
¼ lb. almonds
2 teaspoons baking powder
¼ lb. glazed cherries
1 teaspoon vanilla

Prepare fruit:—Cut cherries in half, blanch almonds and cut peel and almonds finely; add cocoanut and dredge with ½ cup flour listed in ingredients.

Method:—1. Cream butter; add sugar gradually and beat in eggs. 2. Add vanilla. 3. Sift balance of flour with baking powder and add 1 cup of it to Mixture No. 2. 4. Add prepared fruit. 5. Lastly, add milk and remainder of flour. 6. Bake in 2 oiled and lined cake tins for 1 hour in slow oven of 275 degrees.

370 POUND FRUIT CAKE

(4 Cakes)

10 eggs
1 lb. (2 cups) white sugar
1 lb. butter
1 lb. blanched almonds
1 teaspoon baking powder
1 lb. (3½ cups) Purity Flour
1 lb. sultana raisins
1 lb. citron peel
¼ teaspoon salt
1 teaspoon vanilla
1 teaspoon almond flavoring

Prepare fruit:—Cut almonds finely, shred peel, add raisins and dredge with ½ cup of flour listed in ingredients.



WATERMELON CAKE *(See Recipe No. 349)*

Method:—1. Cream butter and add sugar gradually. 2. Add well-beaten eggs. 3. Add flavorings. 4. Sift flour with baking powder and salt and add half of it to Mixture No. 3. 5. Add prepared fruit; then add remainder of flour. 6. Bake in oiled and lined cake tins for 2 hours in slow oven of 250 degrees.

371 CHRISTMAS OR WEDDING CAKE (1)

(4 Cakes)

12 eggs
1 lb. butter
1½ cups brown sugar
1½ cups white sugar
1 lb. seeded raisins
½ lb. almonds
½ lb. mixed peel
1 lb. dates (stoned)
1 teaspoon mace
1 teaspoon vanilla
5 cups Purity Flour
2 lbs. sultana raisins
1 lb. currants
¼ lb. walnuts
½ lb. cherries
Juice and rind of 1 lemon
1 teaspoon soda
2 teaspoons cream of tartar
2 teaspoons cinnamon
¼ teaspoon nutmeg

Prepare fruit:—Cut finely, dates, peel, cherries, almonds and walnuts; add raisins and currants and dredge with 1 cup flour listed in above ingredients

Method:—1. Cream butter and add sugar. 2. Add beaten eggs, vanilla and juice and rind of lemon. 3. Sift balance of flour with spices, soda and cream of tartar and add half of mixture to Mixture No. 2. 4. Add prepared fruit; then add remainder of flour mixture. 5. Bake in oiled and lined tins 3 hours in slow oven of 225 degrees.

372 CHRISTMAS CAKE (2)

1½ cups raisins
1½ cups currants
¼ cup mixed peel
¼ cup cherries
¼ lb. almonds
½ teaspoon cloves
½ teaspoon allspice
½ teaspoon cinnamon
1¼ cups Purity Flour
¼ teaspoon soda
¼ cup molasses
½ cup butter
1 cup brown sugar
3 eggs
½ cup fruit juice
½ wine glass brandy or cider
¼ teaspoon salt

Prepare fruit:—Blanch almonds and cut finely. Cut up peel and cherries. Add raisins and currants and dredge with ¼ cup of flour listed in above ingredients.

Method:—1. Cream butter, add sugar and well-beaten eggs. 2. Dissolve soda in molasses and add to Mixture No. 1. 3. Add prepared fruit, fruit juice and cider or brandy. 4. Lastly, add flour sifted with spices and salt. 5. Bake in oiled and lined tins 2 hours in slow oven of 225 degrees.

373 INEXPENSIVE FRUIT CAKE

(2 large or 3 medium-sized cakes)

½ lb. mixed peel
½ lb. almonds
3 lbs. seedless raisins
2 lbs. seeded raisins
1 lb. dates
2 cups brown sugar
4 cups Purity Flour
1 cup butter
1 cup fruit juice
1 teaspoon each, cloves, cinnamon, ginger and nutmeg
1 teaspoon soda
¼ teaspoon salt

Prepare fruit:—Chop almonds and peel. Cut seeded raisins in half. Stone and chop dates. Add seedless raisins and dredge with 1 cup of flour listed in ingredients.

Method:—1. Cream butter and sugar and add fruit juice. 2. Sift flour with spices, soda and salt, and add, alternately, with fruit to Mixture No. 1. 3. Bake in oiled and lined tins in slow oven of 225 degrees for 3 hours or steam 1½ hours and then bake 1½ hours.



UPSIDE DOWN CAKE

(See Recipe No. 386)

374 EGGLESS, MILKLESS AND BUTTERLESS FRUIT CAKE

1 cup brown sugar
2¼ cups water
1½ cups seedless raisins
½ cup finely cut peel
½ teaspoon salt
2 cups Purity Flour
½ cup shortening
1 teaspoon cinnamon
1 teaspoon nutmeg
4 teaspoons baking powder

Method:—1. Boil water, sugar, raisins, peel, shortening and spices for 3 minutes. 2. Cool, then add flour sifted with salt and baking powder; mix well. 3. Bake in oiled and lined tin in moderate oven of 350 degrees for 45 minutes.

375 DRIED APPLE FRUIT CAKE

2 cups dried apples
1 cup molasses
1 cup brown sugar
1 cup milk
1 cup butter
1 teaspoon soda
2 cups raisins
4 cups Purity Flour
1 cup currants
1 cup dates (stoned)
2 eggs
1 teaspoon each, cinnamon, mace, nutmeg, cloves, ginger and allspice

Preparation:—Soak apples overnight; then chop finely and boil in molasses for 1 hour. Cool and add soda.

Method:—1. Cream butter and sugar; add eggs. 2. Sift flour with spices and add 2 cups of mixture to Mixture No. 1. 3. Add raisins, currants and dates. 4. Add apple and molasses mixture. 5. Add, alternately, milk and remainder of flour mixture. 6. Bake in oiled and lined tins in slow oven of 225 degrees for 3 hours.

376 APPLE SAUCE CAKE

1 cup brown sugar
¾ cup butter
1½ cups unsweetened apple sauce
1 cup raisins
¼ lb. mixed peel
2½ cups Purity Flour
1 teaspoon cinnamon
½ teaspoon nutmeg
2 teaspoons soda
¼ teaspoon salt

Method:—1. Cream butter; add sugar. 2. Dissolve soda in apple sauce and add with raisins and peel to Mixture No. 1. 3. Add flour sifted with salt and spices. 4. Bake in oiled and lined baking tin in moderate oven of 350 degrees for 35 to 40 minutes.

377 EGGLESS CAKE

1 cup brown sugar
1 cup milk
½ cup butter
2 cups Purity Flour
2 teaspoons baking powder
½ teaspoon salt
1½ cups chopped raisins
⅛ teaspoon mace
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon allspice

Method:—1. Cream butter and sugar. 2. Sift flour with baking powder, spices and salt and add half of mixture to Mixture No. 1. 3. Add raisins; then add milk and, lastly, remainder of flour mixture. 4. Bake in oiled and lined tin in slow oven of 300 degrees for 40 minutes.

NOTE:—Sour milk may be used instead of sweet milk by substituting 1 teaspoon soda for baking powder.

378 CRUMB CAKE

2 cups brown sugar
½ cup butter
1 teaspoon nutmeg
1 cup sour milk
1¾ cups Purity Flour
1 teaspoon cinnamon
1 egg
1 teaspoon soda

Method:—1. Sift flour with sugar, cinnamon and nutmeg and cut in butter; take out ½ cup of mixture. 2. Add to remainder, beaten egg, sour milk and soda. 3. Turn into shallow pan and sprinkle with the ½ cup of dry mixture. 4. Bake in moderate oven of 350 degrees for 25 minutes.

379 QUICK SPICE CAKE

5 tablespoons butter
1½ cups brown sugar
2 eggs
½ cup cold water
1 cup raisins
1½ cups Purity Flour
¼ teaspoon salt
3 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon cloves

Method:—1. Beat eggs. 2. Add sugar and butter, melted. 3. Sift flour with salt, baking powder and spices 3 times and add half of mixture to Mixture No. 2. 4. Add raisins, then add water, and, lastly, remainder of flour mixture. 5. Bake in large cake tin in moderate oven of 350 degrees for 45 minutes.

380 SPANISH BUN

¾ cup butter
1½ cups brown sugar
3 eggs
4 teaspoons baking powder
2 cups Purity Flour
1 tablespoon cinnamon
½ teaspoon nutmeg
1 cup milk
¼ teaspoon salt

Method:—1. Sift flour with baking powder, spices and salt 3 times. 2. Add sugar and butter (softened) to Mixture No. 1. 3. Add beaten eggs and milk; beat well. 4. Bake in greased tin for 30 minutes in moderate oven of 350 degrees. Ice with boiled icing (see Recipe No. 319).

381 ORANGE, NUT AND RAISIN CAKE

½ cup butter
1 cup white sugar
2 eggs
½ cup sour milk
1 teaspoon baking powder
2 cups Purity Flour
1 orange
1 cup raisins
1 cup walnuts
½ teaspoon soda

Method:—1. Extract juice from orange and add to sour milk; add soda. 2. Put raisins, nuts and remainder of orange through food chopper. 3. Cream butter, add sugar and well-beaten eggs. 4. Add half liquid to butter mixture, then add 1 cup flour and chopped fruit and nuts. 5. Add remainder of liquid and second cup of flour sifted with baking powder; beat well. 6. Bake in layer cake tins in moderate oven of 325 degrees for 25 minutes or in loaf cake tin for 45 minutes.

382 DATE AND ORANGE CAKE

½ cup shortening
1 cup brown sugar
1 egg
Juice and rind of orange
1 cup dates (stoned)
¼ cup hot water
1½ cups Purity Flour
1 teaspoon soda dissolved in 2 teaspoons hot water
1 teaspoon baking powder
¼ teaspoon salt
½ cup sour milk

Method:—1. Pour hot water over chopped dates and let stand a few minutes. 2. Cream shortening and sugar. 3. Add beaten egg, dates, juice and rind of orange, and soda to Mixture No. 2. 4. Sift flour with baking powder and salt and add alternately with sour milk to Mixture No. 3. 5. Bake in moderate oven of 325 degrees for 35 minutes.

383 DATE AND NUT CAKE

¾ cup shortening (half lard and half butter)
1½ cups brown sugar
2 eggs
½ teaspoon salt
2 cups Purity Flour
½ cup chopped nuts
1½ cups dates (stoned and chopped)
1 cup boiling water
1 teaspoon vanilla
1 teaspoon soda

Method:—1. Cream shortening; add sugar, beaten egg yolks, and vanilla. 2. Sift flour with soda and salt and add half of mixture to Mixture No. 1. 3. Add dates and nuts; beat well. 4. Add boiling water; then add remainder of flour mixture. 5. Fold in stiffly beaten egg whites. 6. Bake in loaf cake tin in moderate oven of 325 degrees for 1 hour.

Note:—This makes a thin batter, but it is not advisable to add more flour.

384 DATE SHORTBREAD

Mixture 1

1 package dates (stoned)
1 cup brown sugar
1 cup boiling water

Method:—Boil together until soft. When cool, add 1 teaspoon vinegar or lemon juice.

Mixture 2

1 cup shortening
3 cups Purity Rolled Oats
2 cups Purity Flour
1 teaspoon salt
1 teaspoon soda

Method:—Sift flour with salt and soda; add Purity Oats and cut in shortening.

Divide Mixture 2 into two equal parts. Place half of it in oiled baking pan. Spread Mixture 1 over this, and then spread remainder of Mixture 2 over date layer in sandwich-like fashion. Bake in slow oven of 300 degrees for 40 minutes.

385 RICH FRUIT SHORTCAKE

⅓ cup butter
¼ cup white sugar
¼ teaspoon salt
2 cups Purity Flour
¾ cup milk
1 egg
3 teaspoons baking powder
Fruit

Method:—1. Sift flour with sugar, salt and baking powder 3 times. 2. Cut in butter. 3. Add milk and

beaten egg. 4. Bake in round oiled pan for 15 minutes in hot oven of 425 degrees. 5. Split cake and spread sweetened fruit between layers. 6. Top with whipped cream and garnish with whole berries or slices of fruit.

NOTE:—Biscuit dough, as described in Recipe No. 42, may be used as an alternative by adding 3 tablespoons of white sugar to recipe. It may be used for individual servings by baking in biscuit style.

386 UPSIDE DOWN CAKE (1)

Melt 4 tablespoons butter and 1 cup brown sugar in heavy frying pan or two baking dishes. Cool and arrange halves of peaches (fresh or canned) in syrup, sprinkle with coarsely chopped nuts, and cover with following batter:

5 tablespoons shortening
½ cup brown sugar
½ cup chocolate, melted
3 eggs
1 teaspoon vanilla
1 cup Purity Flour
½ teaspoon salt
2 teaspoons baking powder
¾ cup milk

Method:—1. Cream shortening. add sugar, chocolate, beaten eggs and vanilla; beat until smooth. 2. Sift flour with baking powder and salt, and add, alternately, with milk to Mixture No. 1. 3. Pour batter over fruit and bake in moderate oven of 350 degrees for 55 minutes, or cover and cook on top of stove for same length of time. 4. Turn cake upside down on dish and serve hot with plain or whipped cream.

387 UPSIDE DOWN CAKE (2)

Place 2 tablespoons butter and 1 cup brown sugar in well-greased pan and heat until sugar has dissolved. Cool, and place layer of pineapple, apricots, peaches or any other cooked fruit in syrup. Sprinkle with coarsely chopped nuts and cover with following batter:

⅔ cup butter
¾ cup fruit sugar
2 eggs
1½ cups Purity Flour
¾ cup milk or fruit juice
3 teaspoons baking powder

Method:—1. Cream butter and sugar and add well-beaten eggs. 2. Sift flour with baking powder and add, alternately, with milk or fruit juice, to Mixture No. 1. 3. Pour batter over fruit in pan and bake in moderate oven of 375 degrees for 45 minutes. (A heavy skillet may be used in place of cake pan.) 4. Turn cake upside down on dish and serve hot with plain or whipped cream.

388 JELLY ROLL (1)

1 cup white sugar
2 eggs
1 teaspoon baking powder
1 cup Purity Flour
Grated rind of ½ lemon
¼ cup boiling water
½ teaspoon salt

Method:—1. Mix sugar, lemon rind and beaten egg yolks. 2. Sift flour with baking powder and salt, and add, alternately, to Mixture No. 1, with stiffly beaten egg whites. 3. Add water. 4. Bake in large, shallow pan for 15 minutes in moder-

ate oven of 350 degrees. 5. Turn cake out on damp towel sprinkled with fine sugar, spread with jam or jelly and roll at once.

389 JELLY ROLL (2)

2 eggs
1 cup white sugar
4 tablespoons cold water
1 cup Purity Flour
1 teaspoon baking powder
½ teaspoon salt

Method:—1. Beat egg yolks until lemon colored; add sugar and water. 2. Sift flour with baking powder and salt and add to Mixture No. 1. 3. Lastly, fold in stiffly beaten egg whites. 4. Bake in large, shallow pan in moderate oven of 350 degrees for 10 minutes. 5. Turn out on damp towel sprinkled with fine sugar, spread with jam or jelly and roll at once.

390 COCOA CREAM ROLL

2½ tablespoons cocoa
½ cup fine white sugar
1 teaspoon baking powder
3 tablespoons Purity Flour
⅛ teaspoon salt
3 eggs
½ cup whipping cream

Method:—1. Sift flour with cocoa, sugar, baking powder and salt. 2. Beat egg yolks until lemon colored and add, gradually, sifted ingredients. 3. Fold in stiffly beaten egg whites. 4. Pour into greased, shallow pan, having batter about ¼ inch deep, and bake in moderate oven of 350 degrees for 15 minutes. 5. Turn out on towel, spread with sweetened whipped cream and roll at once. 6. Sprinkle with powdered sugar.

391 GINGER BREAD (1)

½ cup butter
½ cup brown sugar
1½ teaspoons soda
1 teaspoon ginger
1 teaspoon cinnamon
½ teaspoon cloves
2 cups Purity Flour
½ teaspoon salt
1 egg
1 cup molasses
1 cup hot water

Method:—1. Cream butter and sugar; add egg and molasses. 2. Sift flour with soda, salt and spices and add to Mixture No. 1. 3. Add hot water and beat until mixture is smooth (it will be soft and thin). 4. Bake in greased tin in moderate oven of 325 degrees for 35 minutes.

392 GINGER BREAD (2)

1 cup sour milk
1¾ teaspoons soda
2 teaspoons ginger
2¼ cups Purity Flour
1 teaspoon salt
1 cup molasses
¾ cup white or brown sugar
2 tablespoons melted butter

Method:—1. Mix soda with sour milk and add to molasses. 2. Sift flour with ginger, sugar and salt. 3. Combine mixtures and add butter. 4. Bake in greased pan in moderate oven of 350 degrees for 25 minutes.

393 GINGER BREAD (3)

½ cup molasses
½ cup lard
½ cup boiling water
1½ cups Purity Flour
½ cup white sugar
1 teaspoon soda
½ teaspoon salt
1 teaspoon ginger

Method:—1. Pour boiling water over lard and let stand until lukewarm; add molasses. 2. Sift flour with salt, sugar, soda and ginger and add gradually to Mixture No. 1. 3. Bake in slow oven of 300 degrees for 40 minutes.

394 GINGER CAKE

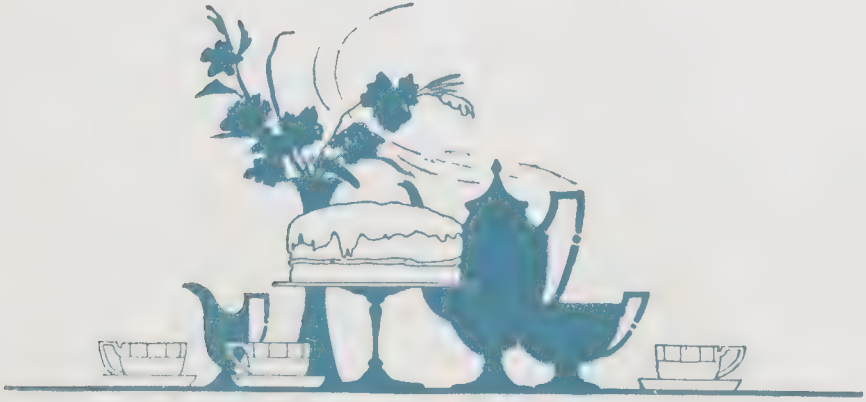
2 eggs
1 cup brown sugar
1 cup molasses
1 teaspoon ginger
¼ teaspoon salt
3 cups Purity Flour
¾ cup butter
2 teaspoons soda
1 cup sour milk
1 teaspoon cinnamon

Method:—1. Cream sugar and butter; add molasses and beaten eggs. 2. Sift flour with spices, salt and soda and add, alternately, with sour milk to Mixture No. 1. 3. Bake in moderate oven of 325 degrees for 35 minutes.

395 TIP TOP GINGER CAKE

¾ cup butter or shortening
½ cup molasses
¼ teaspoon salt
½ cup white sugar
2 eggs
1½ cups Purity Flour
1 teaspoon ginger
½ cup cold water
1 teaspoon soda
1 teaspoon cinnamon

Method:—1. Cream butter, or shortening, and sugar; add beaten eggs. 2. Combine soda and molasses and add to Mixture No. 1. 3. Sift flour with ginger, cinnamon and salt and add, alternately, with water to Mixture No. 2. 4. Bake in moderate oven of 350 degrees for 35 minutes.



COOKIES AND SMALL CAKES

If cookie dough is mixed and let stand for a few hours it will be more easily handled when rolling.

396 SEED COOKIES

⅓ cup butter
1 cup white sugar
2 eggs
1½ cups Purity Flour
1 teaspoon baking powder
1½ teaspoons caraway seeds
¼ teaspoon salt

Method:—1. Cream butter, add sugar and beaten eggs. 2. Sift flour with baking powder and salt and add to Mixture No. 1. 3. Lastly, add caraway seeds. 4. Form into roll and chill; then cut into slices and bake in hot oven of 425 degrees for 8 to 10 minutes or until light brown.

397 BUTTERSCOTCH COOKIES

½ cup butter
2 cups brown sugar
2 eggs
½ teaspoon vanilla
½ teaspoon cream of tartar
1 teaspoon soda
3½ cups Purity Flour

Method:—1. Cream butter and sugar, add eggs and vanilla. 2. Sift flour with cream of tartar and soda. 3. Combine mixtures. 4. Form into roll and let stand in ice box over night; then slice thinly and bake in moderate oven of 375 degrees for 10 minutes.

398 AUNT CYNTHIA'S COOKIES

1 cup butter
1 cup white sugar
1 cup cold water
1 cup honey
2 teaspoons baking powder
1 teaspoon vanilla
(About) 4 cups Purity Flour

Method:—1. Cream butter, add sugar. 2. Warm honey, add baking powder; cool, beat light and add to Mixture No. 1. 3. Add water, vanilla and sufficient flour to make a stiff dough. 4. Turn out on floured baking board. Roll thinly, sprinkle with powdered sugar, and roll lightly to press sugar into dough. 5. Cut with cookie cutter. Place on cookie sheet and bake in moderate oven of 325 degrees for 10 minutes.

399 OATMEAL COOKIES (1)

1 cup chopped raisins
1 cup white or brown sugar
½ cup butter or lard
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon soda dissolved in 1 tablespoon hot water
2 cups Purity Oats
1½ cups Purity Flour

Method:—1. Mix in order given and drop from spoon on to greased baking sheet. 2. Bake in slow oven of 300 degrees for 20 minutes.

400 OATMEAL COOKIES (2)

¾ cup butter
1 cup brown sugar
1 teaspoon baking soda dissolved in 2 tablespoons hot water
1¾ cups Purity Rolled Oats
1½ cups Purity Flour
½ teaspoon salt

Method:—1. Cream butter; add sugar, flour, rolled oats, salt and soda. 2. Divide mixture in half and spread one half of it on bottom of baking pan. 3. Place filling on layer; then spread remaining half of mixture on filling. 4. Bake in moderate oven of 350 degrees for 30 minutes. 5. Cut when cool.

(Filling)

½ lb. dates
1 cup hot water
½ cup brown sugar

Method:—Cook until thick; cool.

401 OATMEAL COOKIES (3)

¼ cup butter
¼ cup lard
1 cup brown sugar
1 egg
½ teaspoon cinnamon
¼ teaspoon salt
1 cup Purity Flour
1½ cups Purity Rolled Oats
¼ cup boiling water
½ cup chopped dates (stoned)
½ teaspoon soda
2 teaspoons baking powder
1 teaspoon vanilla

Method:—1. Cream butter and sugar. 2. Add slightly beaten egg and rolled oats; mix well. 3. Add lard melted in boiling water. 4. Add vanilla, dates, and flour sifted with baking powder, soda, salt and cinnamon. 5. Drop from spoon on to well-oiled baking sheet, allowing sufficient space for cookies to spread. 6. Bake in moderate oven of 350 degrees for 15 to 20 minutes.

402 ALMOND COOKIES

2 cups Purity Flour
½ cup butter
1 cup white sugar
½ cup almonds (chopped)
½ teaspoon soda
1 teaspoon cream of tartar
1 egg

Method:—1. Cream butter and sugar; add beaten egg and almonds. 2. Sift flour with soda and cream of tartar and add to Mixture No. 1. 3. Spread in baking pan and bake in moderate oven of 325 degrees for 10 to 15 minutes or until golden brown. 4. Cool and cut into squares.

403 ICE BOX NEAPOLITAN COOKIES

½ cup butter
½ cup white sugar
1 egg yolk
3 tablespoons milk
1½ cups Purity Flour
1 teaspoon baking powder
½ teaspoon salt
1 ounce grated chocolate
Vegetable coloring

Method:—1. Cream butter and add sugar gradually. 2. Add unbeaten egg yolk and beat mixture well. 3. Add milk, and flour sifted with baking powder and salt. 4. Divide mixture into three parts. 5. Roll out one part on slightly floured board. 6. To the second part add chocolate, melted; roll this out on top of first rolled part. 7. To the third part add a

few drops of pink, green or any other vegetable coloring and roll it out on the chocolate part; roll all three together as you would a jelly roll. 8. Place in ice box over night. 9. Slice thinly and bake in moderate oven of 350 degrees for 10 minutes. (Two parts may be used instead of three, if desired.)

404 ICE BOX COOKIES

1 cup butter
2 cups brown sugar
2 eggs
3½ cups Purity Flour
2 teaspoons baking powder
½ cup nuts
½ cup raisins
1 teaspoon flavoring

Method:—1. Cream butter and sugar; add beaten eggs. 2. Sift flour with baking powder and add to Mixture No. 1. 3. Add flavoring, nuts and raisins. 4. Form into a roll and let stand in ice box overnight, then slice and bake in moderate oven of 350 degrees for 10 minutes.

405 PIN WHEEL COOKIES

½ cup shortening
½ cup white sugar
Yolk of 1 egg
1 square unsweetened chocolate (melted)
1½ cups Purity Flour
3 tablespoons milk
½ teaspoon baking powder
¼ teaspoon salt

Method:—1. Cream shortening; add sugar gradually. 2. Add yolk of egg and milk. 3. Sift flour with baking powder and salt, and add to Mixture No. 2; mix well. 4. Divide dough and add chocolate to one half of it. 5. Roll out white mixture; then roll out chocolate mixture same size as white mixture. 6. Place chocolate dough on white dough, roll like jelly roll and let stand in ice box until cool. 7. Cut into slices and bake in hot oven of 400 degrees for 12 to 15 minutes.

406 SPICE COOKIES

1¾ cups Purity Flour
½ cup shortening
1 cup white or brown sugar
2 eggs
½ cup sour milk
¼ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ teaspoon cloves
½ teaspoon soda
1 cup raisins
1 cup nuts

Method:—1. Cream shortening; add sugar gradually. 2. Add well beaten eggs. 3. Sift flour with soda, salt and spices, add chopped raisins and nuts, and add alternately with milk to Mixture No. 2. 4. Drop by spoonfuls on to greased baking sheets and bake in moderate oven of 350 degrees for 10 to 15 minutes.

407 FRUIT OATMEAL COOKIES

1 cup brown sugar
1 cup white sugar
¾ cup butter
2 eggs
½ cup stoned dates, cut finely
½ cup currants
1 teaspoon soda
1 cup Purity Flour
3 cups oatmeal

Method:—1. Cream butter; add sugar. 2. Add well beaten eggs, dates and currants. 3. Sift flour with soda and add to Mixture No. 2. 4. Lastly, add oatmeal; stir well. 5. Form into loaves, set in cool place, let stand overnight; then slice thinly and bake in slow oven of 300 degrees for 15 minutes.

408 GINGER NUT COOKIES

1 cup white or brown sugar
1 cup shortening
1 cup molasses
1 egg
½ cup hot water
1 teaspoon salt
3 cups Purity Flour
1 cup Purity Rolled Oats
1 teaspoon baking powder
1 cup walnuts
1 tablespoon ginger
1 tablespoon cinnamon

Method:—1. Cream shortening and sugar. 2. Add egg, molasses and water. 3. Sift flour with baking powder, salt and spices; add rolled oats and walnuts. 4. Combine mixtures, drop from spoon on to baking sheet and bake in moderate oven of 350 degrees for 12 minutes.

409 GINGER SNAPS

5 cups Purity Flour
1 cup white or brown sugar
1 cup shortening
½ teaspoon salt
2 teaspoons ginger
½ teaspoon nutmeg
1½ cups molasses
2 tablespoons vinegar
1 teaspoon soda
1 teaspoon cloves
½ teaspoon cinnamon

Method:—1. Cream shortening and sugar. 2. Dissolve soda in molasses and add with vinegar to Mixture No. 1. 3. Sift flour with spices and salt and add to Mixture No. 2. 4. Roll thinly, cut with cookie cutter and place on oiled baking sheet. 5. Bake 10 minutes in moderate oven of 350 degrees.

SHORTBREAD

(See Recipe No. 434)



410 GINGER COOKIES

1 cup shortening, butter and lard mixed, or all butter
1 cup brown sugar
1 egg
1 cup molasses
1 teaspoon soda dissolved in ¼ cup boiling water
2 teaspoons ginger
5 to 6 cups Purity Flour

Method:—1. Cream shortening mixture and sugar thoroughly. 2. Add molasses, beaten egg and dissolved soda. 3. Sift flour with ginger and add to Mixture No. 2. 4. Turn out on board, roll thinly and cut into desired shapes. 5. Bake in slow oven of 275 degrees for 10 minutes.

411 GINGER DROP COOKIES

4½ cups Purity Flour
1 cup white or brown sugar
1 cup molasses
1 egg
½ teaspoon salt
2 tablespoons cinnamon
2 tablespoons ginger
2 teaspoons soda
½ teaspoon cloves
1 cup boiling water

Method:—1. Dissolve soda in molasses. 2. Beat egg; add soda and molasses mixture, and sugar. 3. Sift flour with salt, ginger, cinnamon and cloves and add to Mixture No. 2. 4. Lastly, add boiling water. 5. Bake in moderate oven of 350 degrees for 15 minutes.

412 SAND TARTS

1¾ cups Purity Flour
½ cup butter
1 cup and 4 tablespoons white sugar
1 egg
3 teaspoons baking powder
1 egg white
½ cup blanched almonds
1 teaspoon cinnamon

Method:—1. Cream butter; add 1 cup sugar gradually. 2. Add well-beaten egg. 3. Add flour sifted with baking powder. 4. Chill, roll to ⅛-inch thickness, cut in rounds, brush with egg white and sprinkle with remaining sugar mixed with cinnamon. 5. Split almonds and arrange on each tart. 6. Bake in slow oven of 225 degrees for about 10 minutes.

413 OATMEAL MACAROONS

1 tablespoon shortening
⅜ cup corn syrup
2 tablespoons white sugar
1 egg
1½ cups oatmeal
1¼ teaspoons salt
1½ tablespoons Purity Flour
2 teaspoons almond extract (optional)
½ teaspoon baking powder

Method:—1. Combine shortening, sugar and syrup. 2. Add beaten egg, and flavoring (if used). 3. Add flour sifted with baking powder and salt; then add oatmeal. 4. Drop by teaspoons on to greased baking sheets and bake in moderate oven of 325 degrees for about 15 minutes.

414 CORNFLAKE MACAROONS

2 cups cornflakes, crumbled
1 cup cocoanut
½ cup white sugar
1 egg
1 tablespoon vanilla

Method:—1. Combine ingredients and drop by teaspoons on greased pan. 2. Bake 15 minutes in slow oven of 300 degrees.

415 SCOTCH FANCIES

2 cups Purity Rolled Oats
2 eggs
¾ cup white sugar
1 tablespoon melted butter
⅛ teaspoon salt
1 teaspoon vanilla
⅔ cup cocoanut

Method:—1. Combine ingredients and drop from spoon on to well-greased baking sheets. 2. Bake 15 minutes in moderate oven of 350 degrees.

416 WALNUT WAFERS

4 tablespoons Purity Flour
4 tablespoons butter
1½ cups brown sugar
1 egg
1½ cups chopped nuts
2 tablespoons water

Method:—1. Mix in order given and drop from teaspoon on to greased baking sheet. 2. Bake in hot oven of 400 degrees for 7 to 10 minutes. Cool before removing from pan.

417 ALMOND FINGERS

2 tablespoons butter
3 tablespoons white sugar
2 eggs
¾ cup icing sugar
1 cup Purity Flour
2 teaspoons baking powder
⅛ teaspoon salt
¼ lb. blanched almonds

Method:—1. Cream butter and sugar; add egg yolks. 2. Sift flour with baking powder and salt and add to Mixture No. 1. 3. Roll to ¼-inch thickness and place on buttered pan. 4. Add icing sugar to stiffly beaten egg whites. 5. Spread Mixture No. 4 on Mixture No. 3 and sprinkle with finely chopped almonds. 6. Bake in moderate oven of 350 degrees for 10 minutes or until golden brown. 7. Cut into squares or fingers while warm.

418 DATE FINGERS

3 tablespoons icing sugar
2 eggs
⅛ teaspoon salt
1 tablespoon butter
1 cup stoned dates, chopped finely
1 cup walnuts, chopped finely
3 tablespoons Purity Flour
1 teaspoon baking powder
1 teaspoon vanilla

Method:—1. Cream butter and sugar; add beaten eggs. 2. Sift flour with salt and baking powder and add to Mixture No. 1. 3. Add vanilla, nuts and dates. 4. Spread thinly on baking sheet and bake 15 minutes in slow oven of 300 degrees. 5. While hot, cut into finger-lengths and sprinkle with icing sugar.

419 RAISIN MARGUERITES

1 cup seeded raisins
1 cup cocoanut
1 cup currants
1 cup walnuts
½ cup white sugar
2 egg whites

Method:—1. Put raisins, cocoanut, currants and walnuts through

food chopper; add sugar and stiffly beaten egg whites. 2. Spread on crackers and brown in slow oven of 250 degrees.

420 PURITY LITTLE QUEENS

½ cup butter
1 cup fruit sugar
Juice and rind of ½ lemon
4 eggs
¼ teaspoon salt
¼ teaspoon soda
¾ cup Purity Flour

Method:—1. Cream butter and sugar. 2. Add juice and rind of lemon; then add egg yolks and beat until light. 3. Sift flour with soda and salt and add to Mixture No. 2. 4. Lastly fold in beaten egg whites. 5. Drop from spoon into well-oiled muffin tins and bake in moderate oven of 350 degrees for 20 minutes. 6. Ice with boiled icing, (see Recipe No. 319), and sprinkle with nuts.

421 HONEY DROP COOKIES

½ cup white sugar
1 cup honey
½ cup butter
2 eggs
3 tablespoons lemon juice
1 teaspoon soda
2 teaspoons baking powder
½ teaspoon nutmeg
⅛ teaspoon salt
3 cups Purity Flour

Method:—1. Cream butter and sugar. 2. Add honey, beaten egg yolks, lemon juice, and stiffly beaten egg whites; mix well. 3. Sift flour with soda, baking powder, nutmeg and salt and add to Mixture No. 2. 4. Drop from spoon on well-buttered baking sheet. (If dough is not stiff enough add more flour.) 5. Bake in moderate oven of 350 degrees for 10 to 15 minutes.

422 MELTING MOMENTS

¾ cup butter
¾ cup fine white sugar
2 teaspoons baking powder
1 cup Purity Flour
2 eggs
½ cup cornstarch

Method:—1. Cream butter, add sugar gradually. 2. Add well-beaten eggs. 3. Sift flour with cornstarch and baking powder and add to Mixture No. 2. 4. Drop from spoon into small buttered tins and bake in moderate oven of 325 degrees for 20 minutes.

423 SMALL OATMEAL CAKES

½ cup butter
½ cup brown sugar
3 tablespoons milk
1 cup Purity Rolled Oats
½ teaspoon soda
1 cup Purity Flour
½ cup raisins
½ cup walnuts
1 egg
¼ teaspoon salt

Method:—1. Cream butter and sugar; add egg, milk, walnuts, raisins and Purity Oats. 2. Add flour sifted with soda and salt. 3. Drop from teaspoon on to buttered pan and bake in hot oven of 400 degrees for 10 minutes.

424 BUTTERSCOTCH SQUARES

¼ cup butter
1 cup brown sugar
1 egg
¾ cup Purity Flour
1 teaspoon baking powder
1½ teaspoons vanilla
¼ cup nuts
¼ teaspoon salt

Method:—1. Cook butter and sugar until well blended. 2. Cool to lukewarm. 3. Add unbeaten egg; beat well. 4. Add flour sifted with baking powder and salt, then add vanilla and nuts. 5. Spread like fudge in pan. 6. Bake in moderate oven of 350 degrees for 25 minutes. 7. Remove from pan and cut into squares.

425 NUT HERMITS

1 cup brown sugar
½ cup butter (melted)
1 egg, well beaten
½ teaspoon nutmeg
1 cup Purity Flour
½ cup chopped raisins
½ teaspoon soda dissolved in 2 tablespoons milk
½ teaspoon cloves
½ teaspoon cinnamon

Method:—1. Mix in order given and drop from spoon on to greased cookie pan. 2. Bake in hot oven of 400 degrees for 10 minutes.

426 NUT SMACKS

(Bottom Layer)

1 cup white sugar
3 tablespoons butter
1½ cups Purity Flour
2 egg yolks
1 teaspoon baking powder

Method:—Combine above ingredients and place in pan.

(Top Layer)

2 well-beaten egg whites
1 cup brown sugar
1 cup chopped nuts

Method:—1. Combine above ingredients and spread on bottom layer. 2. Bake in slow oven of 250 degrees for 20 to 25 minutes. 3. Cut into squares, when cool.

427 CHINESE CHEWS

1 cup stoned dates (chopped)
1 cup walnuts (chopped)
1 cup white sugar
¾ cup Purity Flour
1 teaspoon baking powder
2 eggs
¼ teaspoon salt

Method:—1. Sift flour with baking powder, sugar and salt; add dates and nuts. 2. Beat eggs until light and add to Mixture No. 1. 3. Spread as thinly as possible on well-oiled baking sheet in moderate oven of 350 degrees for 20 minutes. 4. When baked, cut into small squares and roll into balls; then roll in granulated sugar.

428 CHOCOLATE BROWNIES

1 cup white sugar
1 tablespoon butter
¾ cup Purity Flour
2 squares melted chocolate
1 cup walnuts
1 teaspoon vanilla
2 eggs

Method:—1. Cream butter and sugar; add beaten eggs. 2. Add chocolate, flour, nuts and vanilla. 3. Spread like fudge in baking tins and bake in moderate oven of 325 degrees for 20 minutes. 4. Remove from oven and cut into squares.

429 COCOANUT CRISPS

1 cup butter
1½ cups white sugar
2 eggs
½ teaspoon vanilla
2 cups Purity Flour
2 teaspoons baking powder
1 cup fine cocoanut

Method:—1. Cream butter and sugar; add well-beaten eggs. 2. Add vanilla and cocoanut. 3. Sift flour with baking powder and add to Mixture No. 2. 4. Drop mixture from spoon on to greased baking sheet and bake in moderate oven of 350 degrees for 10 to 15 minutes.

430 CHOCOLATE CRISPS

2 squares chocolate (melted)
½ cup butter
⅛ teaspoon salt
1 cup Purity Flour
1 cup white sugar
2 eggs
½ teaspoon vanilla
½ cup walnuts or pecans

Method:—1. Cream butter, add sugar. 2. Add beaten eggs, vanilla, chocolate, flour and salt (batter will be soft). 3. Spread in oiled pans and sprinkle with nuts. 4. Bake in hot oven of 400 degrees for 15 minutes. 5. Cut into desired shapes while hot.

431 PURITY FRUIT DROPS

2 cups mince meat
1 cup shortening
1½ cups white sugar
1½ cups water
3 cups Purity Flour
1 egg
1 teaspoon soda
¼ teaspoon salt

Method:—1. Cook mince meat in water for 10 minutes; cool. 2. Add shortening, sugar and beaten egg. 3. Lastly add flour sifted with soda and salt. 4. Drop from spoon on to oiled baking sheet 1 inch apart. 5. Bake 10 minutes in hot oven of 400 degrees.

Note:—For variation, use raisins instead of mince meat.

432 DROP FRUIT CAKES

2 egg whites
2 cups icing sugar
1½ cups dates
½ lb. cherries
1¾ cups nuts (Brazil preferred)

Method:—1. Stone dates and cut (not too finely); cut cherries in halves. 2. Sprinkle over fruit ½ cup icing sugar listed in ingredients. 3. Beat egg whites until stiff and add remainder of sugar. 4. Add fruit, and lastly add nuts, cut coarsely. 5. Drop from spoon on to well-oiled baking sheet and bake in slow oven of 275 degrees for 10 minutes, or until light brown.

433 SCOTCH SHORTBREAD

½ cup fruit sugar
1 cup Purity Flour
1 cup butter
¼ cup rice flour
⅛ teaspoon salt

Method:—1. Cream butter, add sugar, cream again, then add Purity and rice flours and salt, sifted twice. 2. Knead thoroughly. 3. Spread in pan; prick with fork. 4. Bake in moderate oven of 350 degrees for 30 minutes.

434 SHORTBREAD (1)

2 cups Purity Flour
½ cup brown sugar
1 cup butter
1 teaspoon vanilla (optional)
½ cup finely chopped almonds (optional)

Method:—1. Cream butter, add sugar and cream again; then add vanilla, if used. 2. Add flour, one cup at a time, kneading well, and lastly add nuts, if used. 3. Pat into desired shape and thickness. 4. Place in pan, prick with fork and bake in moderate oven of 350 degrees for 20 minutes. 5. Cool, then cut into desired shapes.

435 SHORTBREAD (2)

1 cup Purity Flour
½ cup cornstarch
½ cup icing sugar (or brown sugar, if preferred)
⅔ cup butter

Method:—1. Cream butter, add sugar, sifted flour and cornstarch. 2. Knead well. 3. Pat into desired shape, prick with fork, place in pan and bake in moderate oven of 350 degrees for 20 minutes or until golden brown. 4. Cut into squares and cool.

436 SHORTBREAD (3)

2 cups Purity Flour
½ cup brown sugar
1 teaspoon baking soda
1 cup butter
1 teaspoon vanilla
1 egg yolk

Method:—1. Cream butter; add sugar and blend well. 2. Add egg yolk and vanilla. 3. Lastly, add flour sifted with soda. 4. Blend all ingredients well. 5. Bake in moderate oven of 350 degrees for 25 minutes or until golden brown. Mixture may be rolled and cut into cookies or placed in large pan.

437 LADYFINGERS

3 egg whites
2 egg yolks
⅓ cup fruit sugar
⅓ cup Purity Flour
⅛ teaspoon vanilla
⅛ teaspoon salt

Method:—1. Beat egg whites until stiff; add sugar, well-beaten egg yolks, flour sifted with salt, and vanilla, combining all on platter. 2. Cover baking sheet with ungreased paper and with a pastry tube shape ladyfingers 3 inches long and ¾-inch wide on it. 3. Bake in slow oven of 250 degrees for 15 minutes. 4. Sprinkle with fruit sugar and place together in pairs while warm.

438 QUICK COOKIE METHOD

Any of the foregoing recipes for rolled cookies may be made by the following quick method:

1. Sift flour with sugar, salt and baking powder; add Purity Oats, if used. 2. Cut in shortening as for pastry. 3. Beat eggs, add milk and vanilla. 4. Combine mixtures. 5. Add any fruit desired. 6. Roll thinly, cut with cookie cutter and bake in moderate oven of 375 degrees for 12 to 15 minutes.

PUDDINGS

439 RICE PUDDING

½ cup rice
2 cups milk
1 egg
½ cup white sugar
1 tablespoon cornstarch
Flavoring
⅛ teaspoon salt

Method:—Wash rice, add salt, and boil in water until soft. Mix beaten egg, sugar, cornstarch, flavoring and milk. Cook until smooth; when cool add boiled rice. Place in sherbet glasses and top with whipped cream or red jelly.

440 CREAMY RICE PUDDING

¼ cup brown or uncoated rice
½ cup white sugar
4 cups cold milk
3-8 teaspoon salt

Method:—Wash rice, add milk, salt and sugar and bring to boiling point, stirring frequently; then bake in slow oven of 225 degrees for 3 hours. Serve with crushed fresh fruit or cream. (½ cup raisins may be added, if desired.)

441 FRUIT RICE PUDDING

¾ cup rice
2 cups milk
½ cup chopped dates (stoned)
1 teaspoon cinnamon
¼ cup chopped nuts
½ cup chopped figs
½ cup white sugar
¼ teaspoon nutmeg
⅛ teaspoon salt

Method:—Wash rice, add salt, and boil in water until soft. Add milk, sugar, fruits, nuts and spices, and bake in moderate oven of 350 degrees until golden brown. Serve with lemon sauce (see Recipe No. 670).

442 ORANGE RICE CUSTARD

2 eggs
½ teaspoon salt
½ cup white sugar
3 cups milk
2 tablespoons rice
½ cup orange juice

Method:—Wash and boil rice in water until soft. Bring milk to boiling point and pour over rice. Beat egg yolks with sugar and salt and add to rice and milk. Add orange juice, then add stiffly beaten egg whites. Chill and serve in custard glasses.

443 BLANC MANGE

2¼ cups milk
3 tablespoons cornstarch
2 tablespoons white sugar
⅛ teaspoon salt
1 egg
½ teaspoon vanilla

Method:—Pour 2 cups milk into double boiler and bring to boiling point. Add cornstarch, sugar and salt mixed with ¼ cup milk. Stir constantly until thick. Cover and cook for 40 minutes, stirring every 10 minutes. Add beaten egg and cook 5 minutes longer. Remove from heat, add flavoring and pour into moistened moulds. Chill; serve with raw or canned fruit, jelly or cream.

444 CHOCOLATE BLANC MANGE

Make as plain Blanc Mange, omitting 1 tablespoon cornstarch. Melt square of chocolate over hot water and add when milk mixture begins to thicken. Serve with cream.

445 CARAMEL PUDDING

1¼ cups brown sugar
½ cup boiling water
2½ cups milk
4½ tablespoons cornstarch
¼ teaspoon salt
1 egg
½ teaspoon vanilla

Method:—Make caramel by browning sugar (do not burn); add boiling water gradually and cook until thick. Pour 2 cups milk into double boiler and bring to boiling point, then add cornstarch and salt mixed with ½ cup milk. Stir constantly and as mixture begins to thicken add caramel. Cover and cook for 45 minutes, stirring every 10 minutes; add well-beaten egg and cook 5 minutes longer. Remove from heat, add flavoring and pour into moistened moulds. Chill. Serve with cream and sugar.

446 BAKED CARAMEL PUDDING

½ cup white sugar
½ cup brown sugar
1 cup boiling water
1 tablespoon butter
1 cup Purity Flour
½ cup milk
½ cup raisins
1 teaspoon baking powder
¼ teaspoon salt

Method:—Make syrup by boiling white and brown sugar and water for 5 minutes. Cream butter; add milk, raisins, and flour sifted with baking powder and salt. Place in buttered pudding dish and pour syrup over it. Bake in hot oven of 400 degrees until golden brown.

447 LEMON PUDDING

½ cup cornstarch
1 cup cold water
2 cups boiling water
1 cup white sugar
½ teaspoon salt
¼ cup lemon juice
Whites of 2 eggs

Method:—Blend cornstarch, sugar and salt with cold water. Add boiling water gradually and cook 45 minutes in double boiler, stirring frequently. Cool, then add lemon juice and beaten egg whites. Pour into individual moulds. Serve with custard sauce (see Recipe No. 673).

448 BAKED LEMON PUDDING

Grated rind and juice of 1 lemon
½ cup white sugar
1 teaspoon cornstarch
2 tablespoons powdered sugar
1 cup milk
2 eggs
4 to 6 thin slices of bread

Method:—Add rind and juice of lemon to sugar and let stand until sugar is partly dissolved. Mix cornstarch with 1 tablespoon milk. Bring remainder of milk to boiling point and add cornstarch; cook until thick and add slowly to beaten egg yolks. Remove crusts from bread and place

alternate layers of bread and lemon mixture in buttered baking dish. Cover with custard and bake in moderate oven of 325 degrees until custard is firm. Cover with meringue made of stiffly beaten egg whites and 2 tablespoons powdered sugar. Bake in slow oven of 300 degrees until golden brown.

449 TRIFLE

Stale cake
Fruit
1 tablespoon white sugar
2 tablespoons powdered sugar
1 cup milk
2 eggs
Flavoring
⅛ teaspoon salt

Method:—Cut cake into slices and arrange layers of cake and fruit in buttered casserole, having cake on top. Beat egg yolks; add salt, white sugar, milk and flavoring and pour over cake and fruit. Let stand 15 minutes, then bake in moderate oven of 350 degrees until almost firm. Cover with meringue made of stiffly beaten egg whites and 2 tablespoons powdered sugar. Bake in slow oven of 300 degrees until golden brown.

450 THICKENED PRUNES

1 cup prunes
2 cups cold water
¼ cup white sugar
1½ tablespoons cornstarch
Grated rind of 1 orange
1 tablespoon lemon juice
Salt to taste

Method:—Wash prunes and soak for 12 hours in water; add orange



ENGLISH CHRISTMAS PLUM PUDDING

(*See Recipe No. 469*)

PURITY FLOUR
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rind and salt. Cook until nearly tender; then add sugar and finish cooking. Remove prunes and thicken liquid (there should be 1½ cups) with cornstarch dissolved in a little cold water. Bring to boiling point, add lemon juice; pour syrup over prunes. Cool and serve.

451 ICE-BOX PUDDING (1)

⅓ lb. butter
1 cup fruit sugar
4 eggs
Juice and grated rind of 1 orange
¾ lb. ladyfingers

Method:—Cream butter with sugar, add beaten egg yolks, then add juice and rind of orange slowly. Lastly fold in stiffly beaten egg whites. Place in mould alternate layers of ladyfingers and mixture until mould is filled. Let stand in ice box for 24 hours. Serve with whipped cream.

452 ICE-BOX PUDDING (2)

1 cup butter
2 squares chocolate
1 cup icing sugar
4 eggs
½ cup white sugar
2 dozen ladyfingers
¼ cup boiling water

Method:—Dissolve chocolate and white sugar in water, stirring constantly; add beaten yolks of eggs gradually. Cook until smooth; cool; then add butter creamed with icing sugar. Lastly, add stiffly beaten egg whites. Line mould with ladyfingers and fill with mixture. Let stand in ice box overnight. Serve with whipped cream.

453 FOOD FOR THE GODS

4 eggs, beaten lightly
8 soda biscuits, rolled finely
2 cups fruit sugar
1 package dates, cut finely
1 cup walnuts, cut finely

Method:—Combine ingredients and bake in slow oven of 300 degrees for 45 minutes. Serve with whipped cream.

454 PURE FOOD PUDDING

½ lb. Graham wafers
½ lb. marshmallows, cut in halves
½ lb. chopped dates
½ cup chopped walnuts
1 cup milk or
1 tin condensed milk

Method:—Roll Graham wafers (reserving ½ cup crumbs); add marshmallows, dates, walnuts, and milk. Place in loaf tin and let stand in ice box overnight. Slice and roll in crumbs. Serve with whipped cream.

455 BOSTON CREAM

2 cups milk
2 eggs
4 tablespoons butter
4 tablespoons white sugar
2 teaspoons gelatine dissolved in a little milk

Method:—Bring milk to boiling point in double boiler; add gelatine, well-beaten egg yolks, butter and

sugar. Cook 15 minutes; then add stiffly beaten egg whites. Place in wet mould and chill.

456 PEANUT BRITTLE DESSERT

1 pint whipping cream
1 lb. peanut brittle

Method:—Put peanut brittle through food chopper and add whipped cream just before serving. Serve in sherbet glasses.

457 UPSIDE DOWN PUDDING

Purity Flour Biscuit Dough
4 cups sliced apples
1 cup brown sugar
½ teaspoon cloves
1 cup boiling water
⅛ teaspoon salt
1 tablespoon butter

Method:—Pare and slice apples; add sugar, cloves, salt and butter and place in well-oiled baking dish; add boiling water. Cover and bake 20 minutes in oven of 350 degrees, then place biscuit dough on top and bake in hot oven of 475 degrees until golden brown. Turn upside down on platter and serve with lemon or hard sauce (see Recipe No. 670 or 667). (Upside down pudding may be varied by using any fruit desired.)

458 FRUIT PUDDING

¾ cup white sugar
1 tablespoon butter
½ teaspoon salt
1 cup milk
1 egg
1½ cups Purity Flour
3 teaspoons baking powder
1 teaspoon vanilla
Spices
Fruit

Method:—Cream butter and ½ cup sugar, add egg, milk and vanilla; then add flour sifted with baking powder and salt. Fill baking dish half full of fruit (any fruit may be used), sprinkle with ¼ cup sugar and spices and cover with cake mixture. Bake in moderate oven 350 degrees for 40 minutes. Serve with sugar and cream or pudding sauce.

459 ROLY POLY PUDDING

2 eggs
3 tablespoons milk
4 tablespoons shortening
½ teaspoon salt
4 teaspoons baking powder
1¼ cups Purity Flour
¼ cup white sugar
Fruit

Method:—Sift flour with baking powder and salt, cut in shortening; add beaten eggs, sugar and milk. Turn out on floured board; roll to ¼ inch thickness. Spread with fresh fruit, jam or jelly. Roll like jelly roll; place in pudding cloth and steam 1 hour. Serve plain or with cream, or pudding sauce.

460 PINEAPPLE PUDDING

½ can pineapple (in cubes)
¾ cup white sugar
⅓ cup butter
1 tablespoon milk
2 eggs
2 teaspoons baking powder
1 cup Purity Flour
¼ teaspoon salt

Method:—Cream butter with sugar, add well-beaten egg yolks and milk; add flour sifted with baking powder and salt and fold in stiffly

beaten egg whites. Turn into buttered tube tin and bake 20 minutes in moderate oven of 375 degrees. Make syrup by boiling liquid from pineapple until thick. Fill hole in cake with pineapple and pour syrup over pudding.

461 GINGER PUDDING

¼ cup shortening
¼ cup brown sugar
1 egg
½ cup sour milk
½ cup molasses
1 teaspoon ginger
½ teaspoon cinnamon
½ teaspoon soda
1 teaspoon baking powder
½ teaspoon salt
1½ cups Purity Flour

Method:—Cream shortening and sugar; add well-beaten egg. Combine sour milk and molasses. Sift flour with soda, baking powder, salt and spices and add, alternately, with milk and molasses mixture to first mixture. Steam 1 hour. Serve with pudding sauce or whipped cream.

462 DATE PUDDING

½ cup butter (melted)
1 cup white sugar
1 cup Purity Flour
½ teaspoon baking powder
2 eggs
1 cup nuts (chopped)
1 cup stoned dates (chopped)
1 cup milk

Method:—Cream butter with sugar, add flour sifted with baking



CHERRY PIE
(See Recipe No. 501)

PURITY FLOUR
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powder, then add beaten eggs, nuts, dates and milk. Bake in moderate oven of 375 degrees for 40 minutes. Serve with pudding sauce.

463 STEAMED PUDDING

2 cups Purity Flour
2 tablespoons shortening (melted)
½ cup molasses
½ cup raisins
½ cup sour milk
½ teaspoon salt
½ teaspoon soda
1 teaspoon mixed spices
½ cup chopped nuts

Method:—Mix molasses, sour milk and shortening. Add flour sifted with salt, soda and spices. Lastly, add nuts and raisins. Grease and fill one mould or six individual moulds. Steam large mould 1½ hours or small moulds 45 minutes. Serve with pudding sauce.

464 STEAMED FIG PUDDING

1 cup golden syrup
1 cup sweet milk
2 cups chopped figs
2 eggs
1 cup chopped suet
3 cups Purity Flour
1 teaspoon soda
½ teaspoon nutmeg
1 teaspoon cinnamon
½ teaspoon salt

Method:—Beat eggs, add syrup, suet, spices, salt, figs and milk. Add soda dissolved in 1 tablespoon hot water. Lastly, add flour, turn into greased pudding dish and steam 3 hours. Serve with brown sugar sauce (see Recipe No. 669).

465 CARROT PUDDING (1)

1½ cups Purity Flour
½ teaspoon salt
1 cup brown sugar
1 cup finely chopped suet
1 cup raisins
1 egg
1 cup chopped dates (stoned)
1 cup chopped nuts
1 cup grated carrots
1 cup grated potatoes
1 teaspoon soda

Method:—Beat egg, add sugar, suet, chopped fruit, grated carrots and potatoes; then add nuts and flour sifted with salt and soda. Steam or boil 3 to 4 hours. Serve with brown sugar or lemon sauce (see Recipe No. 669 or 670).

466 CARROT PUDDING (2)

1½ cups Purity Flour
½ teaspoon salt
1 cup white sugar
1 cup finely chopped suet
1 cup raisins
½ teaspoon cloves
½ teaspoon cinnamon
1 cup chopped dates (stoned)
1 cup grated potatoes
1 cup grated carrots
1 teaspoon soda dissolved in ½ cup milk

Method:—Mix in order given. Place in well-oiled pudding dish. Cover and boil or steam 3 hours. Serve with brown sugar or lemon sauce (see Recipe No. 669 or 670).

467 INEXPENSIVE PLUM PUDDING

1 cup milk
2 cups dry bread crumbs
1 cup chopped suet
1 cup white sugar
4 eggs
1 teaspoon salt
½ lb. each of raisins, currants, figs and citron peel
½ cup fruit juice or jelly
1 teaspoon nutmeg
½ teaspoon each of cinnamon, mace and cloves

Method:—Bring milk to boiling point and pour over crumbs; cool. Beat yolks of eggs, add sugar, suet, milk and crumbs, salt, fruit, spices and fruit juice or jelly. Lastly, add stiffly beaten egg whites. Turn into buttered mould; steam 3 hours. Serve with lemon or hard sauce (see Recipe No. 670 or 667).

468 PURITY CHRISTMAS PLUM PUDDING

2 cups Purity Flour
2 cups finely chopped suet
2 cups fine bread crumbs
1 cup white sugar
1 cup seeded raisins
1 cup well-washed currants
1 cup cider, milk or fruit juice
1 cup chopped blanched almonds
½ cup citron peel, sliced finely
1 teaspoon salt
1 teaspoon cloves
2 teaspoons cinnamon
½ grated nutmeg
4 eggs
1 teaspoon soda

Method:—Beat eggs, add sugar, spices, salt and cider, milk or fruit juice. Dredge fruit thoroughly with flour, listed in ingredients, and add to first mixture. Add nuts, bread crumbs and suet, and soda dissolved in a little warm water; then add remainder of flour. Boil or steam 4 hours. Serve with lemon or hard sauce (see Recipe No. 670 or 667).

469 ENGLISH CHRISTMAS PLUM PUDDING

½ lb. sultanas (dark)
½ lb. seeded raisins
½ lb. suet (chopped finely)
2 lbs. currants
½ cup mixed peel (chopped finely)
½ cup bread crumbs
½ cup almonds, shredded
½ cup cider
1 cup milk
1 cup brown sugar
¼ teaspoon salt
1 teaspoon nutmeg
Juice and grated rind of 1 lemon
6 eggs
2 cups Purity Flour

Method:—Mix fruit, suet, nuts, crumbs, milk, sugar and juice and rind of lemon. Let stand overnight; then add beaten eggs, cider, and flour sifted with nutmeg and salt. Place in pudding bowls; cover with waxed paper and boil 7 hours. Serve with hard sauce (see Recipe No. 667).

(This pudding will keep indefinitely. Boil again for 2 hours before serving.)

MAKING PASTRY WITH PURITY FLOUR

Since Purity Flour was introduced to Canadian housewives twenty-seven years ago, progress has been made year by year in demonstrating to Canadian women that it can be used satisfactorily and economically "For All Your Baking."

Our Baking and Testing Department has proved conclusively that Purity Flour is an all-purpose flour—that a different brand of flour for pastry and cakes is not necessary. Thus, Purity should not be regarded as a "bread" flour. While its strong gluten content provides unusual expansion qualities, it has been proven that this same characteristic, while valuable for bread making, in no way interferes with the production of light, flaky pastry and without using extra shortening.

The formula as given in this section of the Purity Cook Book places emphasis on the amount of water to be used, and specifies the same quantities of flour and shortening as in ordinary pastry flour recipes. By keeping the dough at the crumbly stage, and by using a minimum amount of water, you will be rewarded with a flaky pastry, with a distinctive flavor imparted to it by the Western hard spring wheat, from which Purity Flour is milled.

Too much stress cannot be placed on the following quotation from the formula: "Add water gradually and mix thoroughly, using less than 1 cup of water, if possible."

A FEW PASTRY POINTERS

1. Handle dough as little as possible.
2. Blend ingredients quickly.
3. Make sure that shortening is blended properly. If shortening is too hard it will not blend properly with flour; if too soft and oily it will work into the flour too much and prevent flour from absorbing sufficient water to hold together when being rolled out.
4. Use *cold* water in order that shortening may remain firm during the blending process.
5. Have hot oven of 475 degrees.
6. Raw spots in pastry are due to faulty or improper heating of oven.
7. Pies may be washed with egg and milk or cream to give them a high gloss or rich color. It is advisable in making pies of the custard variety to wash the unbaked crust with white of egg to prevent crust from becoming soggy.
8. Prick top crust of pie with a fork or cut slits in it with knife to prevent the steam condensing within and making the pastry soggy. One-crust pies, when cooked without filling, should also be pricked before being placed in oven.
9. Meringues for pastry should not be cooked too quickly or they will fall on being taken from oven. Fillings should be cooled slightly before meringue is put on them or meringue will liquefy underneath.
10. If pastry is let stand overnight to ripen it improves the flavor and is more easily handled.

470 PURITY FLAKY PASTRY

3 cups Purity Flour
1 cup shortening
1 cup cold water
½ teaspoon salt

Method:—1. Sift flour with salt, and cut in half the shortening until mixture is like fine meal; add water gradually, and mix thoroughly, using less than 1 cup of water if possible. 2. Turn out on board covered with very light sifting of flour and roll to ¼-inch thickness. 3. Spread remaining shortening on rolled dough; fold dough over 3 times and roll again to required thickness. Always keep dough at the crumbly stage. A dough heavy with water will not flake up in the oven. 4. Bake in hot oven 475 degrees. (If richer pastry is desired, use half butter and half shortening or more shortening.)

471 A DIFFERENT WAY TO MAKE PURITY PASTRY

2 cups Purity Flour
½ cup shortening
½ teaspoon salt
½ cup cold water
½ teaspoon soda
1 teaspoon vinegar or lemon juice

Method:—1. Sift flour with salt and soda, and cut in shortening. 2. Add lemon juice or vinegar to water, and blend with flour mixture to a smooth dough. 3. Turn out on board covered with very light sifting of flour, roll to ¼-inch thickness and bake in hot oven 475 degrees.

472 PURITY PUFF PASTRY

2 cups Purity Flour
1 cup and 1 tablespoon butter
Juice of 1 lemon with sufficient ice water added to make ¾ cup

Method:—1. Sift flour on pastry board; work in 1 tablespoon butter, and make a well in centre. 2. Pour in ice water and lemon juice and make a smooth paste; knead until smooth. 3. Let stand for 5 minutes. 4. Roll into square ½-inch thick. 5. Have cup of butter very firm and roll out to same size as paste. 6. Place butter on paste. 7. Fold in 4 sides to envelop the butter. 8. Roll out gently in one direction only and fold in 3 layers. 9. Keep paste in cool place and repeat rolling and folding as before 4 times, allowing 15 minutes between each rolling; then roll out to ½-inch or less in thickness, cut into any size or shape desired and bake in hot oven of 475 degrees until golden brown.

473 PATTY SHELLS

Method:—1. After Purity Flour Puff Pastry has been thoroughly chilled, roll out to ¼-inch thickness and cut with round biscuit cutter. 2. Cut centres from half of pieces with small cutter. 3. Moisten edges of rounds with cold water; place rings on these, press lightly together and brush with cold water. 4. Bake in hot oven 475 degrees for 25 minutes or until golden brown.

Note:—Shells may be kept in closed tin and reheated when ready to serve.

474 DANISH PASTRY

Danish Pastry is a combination of a sweet dough and puff pastry which can only be made with a hard wheat flour such as "Purity." The idea of combining these two delicious pastries originated in Denmark when hard wheat flour was introduced there. It requires a little more careful handling than ordinary bread, but the results are most gratifying and delightful.

The ingredients are:

8 cups Purity Flour
½ cup white sugar
3 eggs
2 cups milk
2 teaspoons salt
2½ cups shortening or butter
3 compressed yeast cakes

To Make Basic Sweet Dough:

Method:—1. Cream sugar and salt with ½ cup shortening or butter. 2. Beat in eggs. 3. Add yeast dissolved in warm milk. 4. Mix in 7 cups flour and work into smooth dough. 5. Let rise to double its bulk. 6. Use remaining cup of flour for flouring board when rolling.

This basic sweet dough can be used for making: Bath Buns, Pecan Rolls, Parker House Rolls, Cherry Nut Rolls, Coffee Cake, Butterscotch Buns, Finger Rolls, Almond Buns, French Fried Cake, Raised Raisin Cookies, Cinnamon Buns, Jellied Doughnuts, Jam and Jelly Turnovers, etc., as well as Danish Pastry.

To Make Danish Pastry:

7. Take basic sweet dough and roll it out to ¾-inch thickness; spread the 2 cups of shortening or butter evenly over it. 8. Fold the 2 sides in past the centre to form three-layer fold. 9. Flour a platter, place dough on it, cover with towel and let rise for 15 minutes in medium temperature of 70 degrees (if temperature is too hot, shortening melts and separates from dough). 10. Roll dough out again to ¾-inch thickness, always rolling from folded side to folded side, in the same direction. 11. Fold the 2 sides in again past the centre to form a three-layer fold. 12. Replace on floured platter and let rise again for 15 minutes. 13. Repeat rolling, folding and raising 6 times, forming as it were 18 layers. 14. Cut and make into any shape desired such as knots, twists, triangles or rolls. 15. Let rise until light and fluffy. 16. Bake in hot oven of 425 to 450 degrees until a golden brown. 17. When baked, brush over with fruit syrup, such as apricot, peach or pineapple. Reheat if served on following day.

475 GRAHAM WAFER PASTRY

17 Graham wafers
½ teaspoon cinnamon
¼ cup white sugar
½ cup butter, melted

Method:—1. Roll wafers very finely; add sugar, cinnamon and melted butter and mix well together. 2. Spread or sprinkle crumbs over greased pie plate, reserving ½ cup crumbs, and cover with the following:

2 cups scalded milk
½ cup white or brown sugar
½ teaspoon vanilla
½ teaspoon salt
1 tablespoon Purity Flour
2 eggs

Method:—3. Beat egg yolks slightly and add sugar, vanilla, milk and flour sifted with salt. 4. Pour into pie plate on top of crumbs and bake in slow oven of 250 degrees for about 35 or 40 minutes, or until set. 5. Beat egg whites until stiff and mix with the ½ cup crumbs; spread on top of pie and brown in oven. Chill thoroughly before serving.

476 CHEESE FLAKE PASTRY

¼ cup cream cheese
¼ cup butter
1 cup Purity Flour
1 teaspoon salt

Method:—1. Cream butter, salt and cheese. 2. Blend flour into mixture. 3. Wrap in wax paper and let stand in refrigerator overnight; then remove from refrigerator and let stand 10 minutes. 4. Roll into ¼-inch thickness and cut with cookie cutter or into strips. 5. Bake in hot oven 475 degrees until golden brown. Serve with salad or soup. This pastry may also be used in making tart shells.

477 LEMON MERINGUE PIE

1 cup white sugar
1 cup boiling water
1 teaspoon butter
2 eggs
2 tablespoons powdered sugar
2 tablespoons Purity Flour
4 tablespoons lemon juice
Grated rind of ¼ lemon
Purity Flour Pastry

Method:—1. Mix flour with white sugar, add boiling water, stirring constantly; cook for 2 minutes. 2. Add butter, egg yolks, lemon rind and juice, stirring constantly. 3. Cool and pour filling into baked pie shell. 4. Cover with meringue, made by beating egg whites until stiff, and gradually adding powdered sugar. 5. Brown in slow oven of 300 degrees.

478 ORANGE CREAM PIE

1 tablespoon grated orange and lemon rind, mixed
3 tablespoons orange juice
2 tablespoons lemon juice
¾ cup white sugar
4 tablespoons Purity Flour
2 cups scalded milk
3 eggs
¼ teaspoon salt
Purity Flour Pastry

Method:—1. Add orange and lemon rind to fruit juices and let stand while combining remaining ingredients. 2. Mix sugar and flour, add milk and cook slowly for 5 minutes, stirring constantly. 3. Remove from fire and add beaten egg yolks and salt; mix well and cook 1 minute longer. 4. Add strained fruit juice and cool to lukewarm. 5. Fold in stiffly beaten egg whites; turn into baked pie shell and place in moderate oven of 350 degrees for 5 minutes or until filling is set.

479 CREAM PIE

(2 Pies)

2 cups milk
2 eggs
1 teaspoon vanilla
1 tablespoon butter
1 cup white sugar
½ cup Purity Flour
Purity Flour Pastry

Method:—1. Bring milk to boiling point in double boiler. 2. Mix flour with sugar; add beaten eggs and add to milk; then add butter and stir

until mixture thickens. 3. Add vanilla and pour into baked pie shells.

480 COCOANUT CREAM PIE

1½ cups scalded milk
⅓ cup white sugar
¼ teaspoon salt
½ cup shredded cocoanut
2 tablespoons powdered sugar
1 tablespoon Purity Flour
3 eggs
1 tablespoon butter
½ teaspoon vanilla
Purity Flour Pastry

Method:—1. Mix flour with white sugar, salt and egg yolks. 2. Add milk, place in double boiler and cook until thick. 3. Add butter, cocoanut and vanilla. 4. Pour into pie plate lined with pastry and bake in hot oven of 475 degrees until crust is baked. 5. Cover with meringue made by beating egg whites until stiff and adding powdered sugar. 6. Brown in slow oven of 300 degrees.

481 SOUR CREAM PIE

1 cup sour cream
1 cup white sugar
½ cup raisins
3 eggs
¼ teaspoon salt
1 teaspoon cloves
1 teaspoon cinnamon
2 tablespoons powdered sugar
Purity Flour Pastry

Method:—1. Combine cream, sugar, raisins, salt, spices and beaten egg yolks, and cook in double boiler until mixture coats the spoon. 2. Pour into baked pie shell and cover with meringue made by beating egg whites until stiff, and gradually adding powdered sugar. 3. Brown in slow oven of 300 degrees.

482 CUSTARD PIE

3 eggs
½ cup white sugar
¼ teaspoon salt
2 cups scalded milk
Grated nutmeg
Purity Flour Pastry

Method:—1. Beat eggs; add sugar and salt; then add milk. 2. Pour into pie plate lined with pastry; sprinkle grated nutmeg on top of pie and bake in hot oven of 450 degrees for 10 minutes, then reduce temperature to 350 degrees and bake 20 minutes longer or until golden brown.

483 COCOANUT CUSTARD PIE

2 cups milk
3 eggs
¼ cup white sugar
2 tablespoons powdered sugar
1 teaspoon melted butter
4 tablespoons shredded cocoanut
½ teaspoon vanilla
Purity Flour Pastry

Method:—1. Beat egg yolks; add white sugar, butter and vanilla; then add milk and cocoanut. 2. Line deep pie plate with pastry, pour mixture into it and bake in hot oven of 450 degrees for 10 minutes, then reduce temperature to 350 degrees and bake until custard is firm. 3. Pile meringue made of beaten egg whites and powdered sugar on top of pie and brown in slow oven of 300 degrees.

484 BUTTERSCOTCH PIE

1 cup brown sugar
1 cup milk
1 teaspoon vanilla
3 tablespoons Purity Flour
2 tablespoons powdered sugar
4 tablespoons water
2 tablespoons butter
2 eggs
Purity Flour Pastry

Method:—1. Place brown sugar and butter in double boiler; add milk and bring to boiling point. 2. Mix flour with water and add to Mixture No. 1; then add beaten egg yolks and vanilla. 3. Cool to lukewarm; pour into baked pie shell and cover with meringue made by beating egg whites until stiff and gradually adding powdered sugar. 4. Brown in slow oven of 300 degrees.

485 CARAMEL PIE

1 cup brown sugar
1 cup and 4 tablespoons milk
2 tablespoons butter
2 eggs
2 tablespoons powdered sugar
2 tablespoons cornstarch
¼ teaspoon vanilla
Purity Flour Pastry

Method:—1. Mix brown sugar with 4 tablespoons milk and boil 5 minutes. 2. Blend cornstarch with 1 cup milk; add butter and add to Mixture No. 1; cook until thick. 3. Add well-beaten egg yolks and cook 1 minute longer. 4. Pour mixture into baked pie shell, cover with meringue made by beating egg whites until stiff and gradually adding sugar and vanilla. 5. Brown in slow oven of 300 degrees.

486 CHOCOLATE PIE

1 cup milk
2 tablespoons grated chocolate
¾ cup white sugar
2 tablespoons powdered sugar
2 eggs
2 tablespoons cornstarch
½ teaspoon vanilla
Purity Flour Pastry

Method:—1. Bring chocolate and milk to boiling point and add cornstarch dissolved in a little cold milk. 2. Add white sugar and yolks of eggs beaten to a cream. 3. Add vanilla. 4. Pour into baked pie shell and cover with meringue made by beating egg whites until stiff and gradually adding powdered sugar. 5. Brown in slow oven of 300 degrees.

487 PINEAPPLE SPONGE PIE

1½ cups canned shredded pineapple
¾ cup white sugar
Grating of lemon rind (optional)
1 tablespoon melted butter
2 eggs
Purity Flour Pastry

Method:—1. Beat egg yolks and add sugar, pineapple, butter and lemon rind (if used). 2. Fold in stiffly beaten egg whites. 3. Pour into pie plate lined with pastry, and bake in hot oven of 450 degrees until sponge is set; then reduce temperature to 350 degrees until baked.

488 PUMPKIN PIE (1)

1¼ cups steamed pumpkin forced through sieve
¼ cup white sugar
½ teaspoon cinnamon
¼ teaspoon ginger
⅛ teaspoon cloves
½ teaspoon salt
2 eggs
1 cup milk
Purity Flour Pastry

Method:—1. Mix milk with pumpkin; add beaten eggs. 2. Add sugar mixed with spices and salt; mix well. 3. Turn into pie plate lined with pastry and bake in hot oven of 450 degrees for 10 minutes, then reduce temperature to 375 degrees and bake until golden brown.

489 PUMPKIN PIE (2)

2 cups steamed pumpkin forced through sieve
½ cup white sugar
1¼ teaspoons cinnamon
¼ teaspoon ginger
¼ teaspoon cloves
¼ teaspoon nutmeg
1 teaspoon salt
3 eggs
1 cup milk
Purity Flour Pastry

Method:—1. Mix milk with pumpkin; add beaten egg yolks. 2. Add sugar mixed with spices and salt; mix well. 3. Fold in stiffly beaten egg whites. 4. Turn into pie plate lined with pastry and bake in hot oven 450 degrees for 10 minutes, then reduce temperature to 375 degrees and bake 20 minutes longer, or until golden brown. Serve with whipped cream.

490 PUMPKIN PIE WITH HONEY

1½ cups steamed and strained pumpkin
1 cup honey
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs
1 cup milk
½ cup plain or whipping cream
Purity Flour Pastry

Method:—1. Combine ingredients in order given; mix well. 2. Turn into pie plate lined with pastry and bake in hot oven of 450 degrees for 10 minutes, then reduce temperature to 350 degrees and bake until golden brown. 3. Garnish each piece of pie with a mound of whipped cream and place honey in centre of mound.

491 MOCK CHERRY PIE

1 cup cranberries
¼ teaspoon salt
1 cup white sugar
1 teaspoon vanilla
1 tablespoon Purity Flour
½ cup water
1 egg
Purity Flour Pastry

Method:—1. Cut cranberries in half, add beaten egg, sugar, salt and vanilla. 2. Add flour mixed with water. 3. Line pie plate with pastry, fill with mixture, moisten edges of pastry with cold water and place crust on top. 4. Bake in moderate oven 375 degrees for 25 to 30 minutes.

492 PRUNE PIE

½ lb. prunes
½ cup white sugar
1 tablespoon Purity Flour
1 tablespoon lemon juice
1½ teaspoons butter
Purity Flour Pastry

Method:—1. Wash prunes, cover with cold water and soak overnight. 2. Cook in this water until soft; remove stones, cut in quarters, and add sugar and lemon juice. 3. Boil prune juice down to 1½ tablespoons. 4. Put prunes in unbaked crust, add liquid, dot over with butter and dredge with flour. 5. Put on top crust and bake in hot oven of 475 degrees, reducing temperature after 10 minutes to 350 degrees, until baked.

493 GREEN APPLE PIE

4 or 5 tart apples
¾ cup white or brown sugar
¼ teaspoon grated nutmeg or cinnamon
⅛ teaspoon salt
1 teaspoon butter
1 teaspoon lemon juice
Purity Flour Pastry

Method:—1. Pare apples, cut into thin slices and arrange evenly on pie plate lined with pastry. 2. Mix sugar, lemon juice, salt, nutmeg or cinnamon together and sprinkle over apples. 3. Dot with butter (if apples are very dry, add 3 tablespoons water or cream; if juicy, 1 tablespoon Purity Flour). 4. Wet edges of crust and cover with upper crust. 5. Bake in hot oven of 450 degrees for 15 to 20 minutes, then reduce temperature to 350 degrees for 25 minutes or until apples are tender. Serve with cream, plain or whipped.

494 CREAMED APPLE TART

3 cups sliced apples
¾ cup brown sugar
Juice and grated rind of ½ lemon
2 cups boiled custard
Purity Flour Pastry

Method:—1. Line small pudding dish with pastry. 2. Place in it apples, sugar and lemon juice and rind, and cover with upper crust. 3. Bake in moderate oven of 350 degrees for 40 minutes. 4. When baked, lift top crust and pour in boiled custard (see Recipe No. 673). 5. Replace crust and serve ice cold.

495 TWIN APPLE PIE

5 cups sliced peeled apples
1¾ cups white or brown sugar
2 teaspoons melted butter
½ teaspoon grated nutmeg
¼ teaspoon salt
Whipped cream
Purity Flour Pastry

Method:—1. Mix together apples, sugar, salt, butter and nutmeg. 2. Butter 2 pie plates of the same size and divide apple mixture between

PURITY PUFF PASTRY

(See Recipe No. 472)



them. 3. Cover with pastry and bake in moderate oven 375 degrees until apples are tender. 4. Cool, then turn one pie upside down on large plate. 5. Turn the second pie over this, apple side up, and cover with whipped cream.

496 DUTCH APPLE PIE

5 or 6 tart apples
1 cup brown sugar
½ teaspoon cinnamon or nutmeg
1 cup cream
Purity Flour Pastry

Method:—1. Pare apples, core, cut into eighths and arrange evenly in deep pie plate lined with pastry. 2. Pour cream over apples and sprinkle sugar and spice on top. 3. Bake in moderate oven 350 degrees for 30 minutes, or until apples are tender.

497 OSGOODE PIE

2 eggs
1 cup brown sugar
1 cup raisins
1½ tablespoons vinegar
2 tablespoons powdered sugar
1 tablespoon melted butter
½ teaspoon cinnamon
½ teaspoon cloves
Purity Flour Pastry

Method:—1. Beat egg yolks, add sugar, butter, raisins, vinegar and spices. 2. Turn into pie plate lined with pastry and bake in moderate oven of 375 degrees for 20 to 25 minutes. 3. Cover with meringue made by beating egg whites until stiff and gradually adding powdered sugar. 4. Brown in slow oven of 300 degrees.

498 RHUBARB PIE

1½ cups unpeeled rhubarb, cut finely
1½ cups white sugar
1 egg
Fine cracker or bread crumbs
1½ tablespoons butter
Purity Flour Pastry

Method:—1. Line pie plate with pastry and sprinkle with crumbs. 2. Beat egg, add sugar and rhubarb, and spread over crumbs; dot with pieces of butter. 3. Put on top crust and bake in hot oven of 475 degrees for 10 minutes, then reduce temperature to 350 degrees until baked.

499 RAISIN AND RHUBARB PIE

1 cup rhubarb
1 cup seeded raisins
1 cup white sugar
2 tablespoons lemon juice
Grated rind of 1 lemon
1 egg
Purity Flour Pastry

Method:—1. Chop rhubarb and raisins finely; add sugar, lemon juice and rind, and well-beaten egg. 2. Bake between two crusts in hot oven of 450 degrees for 10 minutes; then reduce temperature to 350 degrees until baked.

500 BERRY PIES

3 cups blackberries, raspberries, strawberries, blueberries or loganberries
From ¾ to 1 cup white sugar
2 tablespoons butter
¼ teaspoon desired spices
2 tablespoons dry bread or cracker crumbs
Purity Flour Pastry

Method:—1. Line large pie plate with pastry and sprinkle over it half the crumbs; dot with part of the butter and sprinkle on it half the sugar. 2. Fill plate with berries and spread over them remaining ingredients. 3. Put on top crust and bake in hot oven of 425 degrees for 10 minutes; then reduce temperature to 350 degrees and bake 20 minutes.

Note:—For flavoring, cinnamon may be added to raspberries, and ginger or nutmeg to blackberries, blueberries or loganberries.

501 CHERRY PIE

3 cups cherries
¾ to 1 cup white sugar
2 tablespoons butter
2 tablespoons dry bread or cracker crumbs
Purity Flour Pastry

Method:—1. Line pie plate with pastry, sprinkling over it half the crumbs; dot with part of the butter and sprinkle on it half the sugar. 2. Fill plate with cherries and spread over them remaining ingredients. 3. Put on top crust and bake 15 minutes in hot oven of 400 degrees; then reduce temperature to 375 degrees and bake 15 minutes longer.

502 ONE-CRUST RAISIN PIE

1 cup raisins
1 cup boiling water
2 tablespoons Purity Flour
2 tablespoons powdered sugar
Juice of ½ lemon
1 cup white sugar
2 eggs
¼ teaspoon salt

Method:—1. Cook raisins in water until tender; mix flour with half the sugar and stir into raisins, stirring constantly until mixture thickens. 2. Add beaten egg yolks, remainder of sugar, salt and lemon juice and when thick pour into baked pie shell. 3. Add meringue made by beating egg whites until stiff and gradually adding powdered sugar. 4. Brown in slow oven of 300 degrees.

503 RAISIN PIE

1 cup seeded raisins
1 cup boiling water
Juice of ½ lemon
2 tablespoons Purity Flour
1 cup white sugar
2 eggs
¼ teaspoon salt

Method:—1. Cook raisins in water until tender, mix Purity Flour with half the sugar and stir into raisins, stirring constantly until mixture thickens. 2. Beat eggs, add remainder of sugar, salt and lemon juice, and add to raisin mixture. 3. Cool slightly; then bake between two crusts in hot oven of 475 degrees.

504 MINCE MEAT (1)

1 peck green tomatoes, chopped
8 cups brown sugar
2 lbs. raisins, chopped
2 cups suet, chopped
1 lb. currants
1 cup vinegar
Juice of 2 lemons
2 teaspoons cloves
2 teaspoons cinnamon
2 teaspoons allspice
2 grated nutmegs
2 teaspoons salt

Method:—1. Cover tomatoes with boiling water and let stand until cool, then drain; cover again with boiling water and let stand a second time until cool. 2. Drain, place in kettle, add sugar, raisins, suet, currants and salt, and cook 1 hour or until tender. 3. Remove from heat and cool; then add vinegar, lemon juice and spices and cook 20 minutes longer. 4. Seal while hot in sterilized jars.

505 MINCE MEAT (2)

1 lb. suet, chopped
1½ lbs. currants
1½ lbs. raisins
½ lb. mixed peel, cut finely
1½ lbs. apples, chopped
1½ glasses brandy
1½ glasses port
1 nutmeg, grated
1 teaspoon salt
3 teaspoons cloves
⅛ teaspoon allspice
⅛ teaspoon mace
½ cup chopped almonds
3 cups white sugar

Method:—Combine ingredients and seal in jars until required.

506 MINCE PIE

Method:—1. Line pie plate with pastry and place in it 2 cups mince meat. 2. Moisten edge of pastry with cold water and cover with top crust. 3. Bake in hot oven of 450 degrees for 10 minutes; then reduce temperature to 350 degrees and cook 15 minutes longer or until golden brown.

507 BUTTER TARTS

2 eggs
2 cups raisins, currants, chopped dates, (stoned), figs or nuts
2 cups brown sugar
1 tablespoon butter
1 teaspoon vanilla
2 tablespoons milk or water
Purity Flour Pastry

Method:—1. Beat eggs, add sugar, butter, vanilla, fruit and milk or water. 2. Line tart tins with uncooked pastry, place a teaspoon of mixture in each tin and bake in hot oven of 475 degrees for 15 minutes.

508 TAFFY TARTS

1 cup brown sugar
1 cup golden syrup
1 cup raisins
2 eggs
4 tablespoons melted butter
Purity Flour Pastry

Method:—1. Beat eggs, add sugar, syrup, butter and raisins. 2. Line tart tins with pastry and place 1 teaspoon of mixture in each tin. 3. Bake in hot oven of 450 degrees for 15 minutes.

509 MACAROON TARTS

3 egg whites
¼ cup fruit sugar
¼ cup ground almonds
⅛ teaspoon salt
Purity Flour Pastry

Method:—1. Line 12 patty pans with pastry. 2. Beat egg whites until very stiff; add sugar, salt and almonds. 3. Fill patty pans with mixture. 4. Bake in hot oven of 400 degrees for 15 minutes.

510 FRESH FRUIT TARTS

Method:—1. Line tart tins with Purity Flour Puff Pastry and bake in hot oven of 475 degrees. 2. Just before serving, fill them with any sugared fresh fruit desired and place 1 teaspoon whipped cream on top.

511 PINEAPPLE TARTS

Method:—1. Line tart tins with Puff Pastry and bake in hot oven of 475 degrees. 2. Place 1 teaspoon of currant jelly in bottom of each tart and cover with sliced or crushed pineapple. 3. Pour a little pineapple syrup over each tart.

512 BLUEBERRY TARTS

Method:—1. Line tart tins with Purity Flour Puff Pastry and bake in hot oven of 475 degrees. 2. When cool, half fill shells with boiled custard (see Recipe No. 673). 3. Make syrup by boiling ½ cup blueberry juice with ½ cup white sugar until thick. 4. Fill shells with cooked blueberries and pour syrup over them.

513 LEMON CURD

4 tablespoons butter
2 eggs
Juice and grated rind of 2 lemons
1 cup brown sugar

Method:—1. Combine ingredients and cook in double boiler until mixture resembles custard, or until thick. 2. When cool, fill tart shells. May be kept in glass jar for an indefinite time.

514 CHOCOLATE CREAM FILLING

¼ square unsweetened chocolate
1 tablespoon hot water
2 eggs
½ teaspoon vanilla
¼ cup white sugar
1 cup milk
⅛ teaspoon salt

Method:—1. Beat eggs, add salt, sugar, milk, chocolate melted in hot water, and vanilla. 2. Cook in double boiler until smooth and glossy. 3. When cool, fill patty shells and place a teaspoon of whipped cream on top.

515 MAIDS OF HONOR

10 tablespoons butter
1 cup Purity Flour
4 tablespoons fruit sugar
1 egg
Yolks of 2 eggs
Raspberry Jam

Method:—1. Cream 4 tablespoons butter, add 2 tablespoons fruit sugar, ¾ cup Purity Flour and 1 egg, well beaten. 2. Roll out thinly, cut with cutter and place in muffin tin. 3. Drop 2 teaspoons raspberry jam on each cookie. 4. Cream 6 tablespoons butter, add 2 tablespoons fruit sugar, ¼ cup Purity Flour and yolks of 2 eggs; mix well together. 5. Drop 2 teaspoons of mixture on top of jam in each muffin tin. 6. Bake in moderate oven of 350 degrees for 25 minutes.

APPLE DISHES

Apples—our own Canadian apples (and there are none finer in any part of the world)—have become a real standby of the modern housewife; because so many and varied are the good things which may be made with them practically the whole year round; because they contain such very important elements in the form of minerals and vitamines, both of which are necessary factors in the health-maintaining diet.

The average composition of the apple is:

Water	84.6%	Fat	0.5%
Carbohydrate	13 %	Minerals	0.3%
Protein	0.4%	Cellulose	1.2%

While the percentage of carbohydrates, consisting mainly of fruit sugar which is readily assimilated, is higher than in some other fruits—iron, phosphate, lime and other minerals are found in the apple in the necessary proper combination to be of the highest value to the body. The action of the apple in digestion is alkali-forming.

Apples are especially rich in Vitamine C, the anti-scorbutic vitamine, which every person—adult and child—needs constantly to keep the body, the teeth in particular, in good condition. This is the vitamine which is destroyed by cooking, in combination with air or oxygen, so it is a wise mother who safeguards the health of her children by giving them raw apples as their between-meal treat. For the very small child the apple should be peeled and grated.

When peeling apples, if it is desired to preserve their whiteness, they may be dropped into cold water into which salt has been placed to the proportion of one teaspoon to one quart of water.

To develop the fullest flavor when making apples into sauce, do not add sugar until they have been cooked; also by doing this, less sugar will be required.

Varieties of apples good for cooking in the order of their ripening are: Astrakhan, Transparent, Duchess, Alexander, Gravenstein, Wealthy, St. Lawrence, Blenheim, Ribston, King, Greening, Baldwin, Spy.

Varieties making good dessert apples are: Wealthy, Farmeuse, McIntosh Red, King, Jonathan, Spy, Spitzenburg and Delicious.

516 DRIED APPLE SAUCE

Wash dried apples thoroughly and soak for several hours or overnight in fresh water. Cook slowly until tender, then sweeten to taste with white or brown sugar and cinnamon and cook a few minutes longer. (See Recipe No. 223 for Apple Sauce.)

517 CODDLED APPLES

2 cups boiling water
1 to 2 cups white or brown sugar
8 apples

Method:—Make syrup by boiling sugar and water 5 minutes. Core and pare apples; cook slowly in syrup; cover closely and watch carefully. When tender, lift out apples, add a little lemon juice to syrup and pour over apples. The cavities may be filled with jelly or raisins.

518 APPLE BUTTER

1 lb. apple pulp
Juice and grated rind of 1 lemon or 1 orange
1½ cups white sugar
1 quince

Method:—Wash, pare and core apples and quince. Cover parings with water. Cook for ½ hour; drain and add juice to apples and quince. Cook until apples and quince are soft; press through sieve, add sugar, grated rind and juice of lemon or orange and cook until thick and clear.

519 BROWN BETTY

1 cup bread crumbs
8 sliced apples
Butter
1 cup brown sugar
½ cup cold water
Cinnamon

Method:—Place layer of crumbs then layer of apples in buttered baking dish. Sprinkle with cinnamon and sugar and dot with pieces of butter. Repeat until dish is full; insert a knife in several places and pour in syrup made by boiling sugar and water for 5 minutes. Set in a pan of hot water and bake 45 minutes in moderate oven of 350 degrees. Serve hot with hard sauce (see Recipe No. 667) or cream.

520 SPICED APPLE PUDDING

3 cups bread crumbs
1 cup white sugar
¼ lb. raisins
2 tablespoons rich fruit juice
½ teaspoon ground cloves
3 cups chopped apples
2 cups milk
¼ lb. citron
1 teaspoon mace
1 teaspoon cinnamon
3 eggs

Method:—Place milk in double boiler, bring to boiling point, add crumbs, and scald for 2 minutes. Remove from heat. Add beaten egg yolks, sugar, fruit, spices and fruit juice. Lastly, add stiffly beaten egg whites. Turn into buttered pudding dish and bake in moderate oven of 325 degrees for 40 minutes, or until golden brown. Serve with custard sauce (see Recipe No. 673).

521 APPLE (OR CHERRY) PUDDING

2 eggs
1 cup milk
Apples in eighths or pitted cherries
¾ cup white sugar
3 teaspoons baking powder
1½ cups Purity Flour
¼ teaspoon salt

Method:—Sift flour with baking powder, sugar and salt; add milk and beaten eggs, then stir in as many apples or cherries as batter will hold. Place in buttered mould (fill mould not more than half-full). Cover closely and steam 2 hours. Serve with hard sauce (see Recipe No. 667).

Note:—Pudding must steam without intermission or it will be heavy.

522 DUTCH APPLE PUDDING

¼ cup butter
1 egg
½ teaspoon salt
¼ cup white sugar
⅔ cup milk
2 cups Purity Flour
3½ teaspoons baking powder
⅛ teaspoon cinnamon
2 tablespoons brown sugar
2 apples

Method:—Cream butter with sugar, add well-beaten egg. Sift flour with baking powder and salt and add, alternately, with milk to first mixture. Pour into greased pan. Core apples, pare and cut into eighths and place in rows on batter, pressing sharp edges into it. Sprinkle with brown sugar, mixed with cinnamon. Bake in moderate oven 350 degrees for 30 to 40 minutes. Serve hot with cream or pudding sauce. (As an alternative, ingredients may be combined by same method as that used in mixing tea biscuits).

523 DELICIOUS APPLE PUDDING

5 sour apples
½ cup white or brown sugar
Cinnamon
Purity Flour
4 eggs
1½ tablespoons melted butter
¼ teaspoon salt

Method:—Wipe, quarter, pare and core apples. Add sufficient water to prevent apples burning. Cook apples to mush, stirring frequently; spice to taste and add sugar; then add well beaten eggs, butter, salt and sufficient flour to make a stiff batter. Place in buttered pudding dish and bake in hot oven of 425 degrees for 20 to 25 minutes. Serve with lemon sauce (see Recipe No. 670) or cream and sugar.

524 APPLE SPONGE

2 tablespoons granulated gelatine softened in ¼ cup cold water
2 lemons, juice and grated rind
2 cups white sugar
1 cup boiling water
3 or 4 apples
3 egg whites

Method:—Boil sugar and water 3 minutes. Peel, core and slice apples and cook in syrup until tender; add gelatine; stir until dissolved. Remove from heat and press through sieve. Add grated rind and lemon juice. Place in refrigerator and, when partly set, fold in stiffly beaten egg whites; continue to beat until thick. Pour into moistened mould and, when set, turn out and serve with custard sauce (see Recipe No. 673).

525 APPLE TAPIOCA PUDDING

½ cup minute tapioca
⅔ cup brown sugar
1 cup sliced apples
3 cups milk
¼ teaspoon salt
2 eggs

Method:—Bring milk to boiling point in double boiler; add tapioca, sugar and salt. Cook 15 minutes, stirring constantly. Add beaten eggs and apples; pour into pudding dish and bake in moderate oven of 375 degrees for 30 minutes, or until apples are tender. Serve with cream.

526 ENGLISH APPLE PIE

3 cups sliced apples
1 cup white or brown sugar
½ teaspoon salt
½ teaspoon cinnamon or nutmeg
2 tablespoons butter
3 tablespoons water
Purity Flaky Pastry

Method:—Butter deep pie dish; fill with apples. Add sugar mixed with spice and salt. Dot with butter and add water. Cover with pastry and bake 40 minutes in moderate oven of 350 degrees for 30 minutes, or until apples are tender. Serve with cream.

527 APPLE AND CELERY SALAD

Pare and core mellow apples; cut into cubes and mix with half or equal amount of celery. Add mayonnaise or boiled dressing. Serve on lettuce leaves. Garnish with celery tips.

528 APPLE, ORANGE AND PEACH SALAD

Cut equal quantities of apples, peaches and oranges into cubes. Mix with cream or boiled dressing. Serve in apple or orange cups or on lettuce leaves.

529 APPLE AND DATE SALAD

Wipe, core and pare apples, and stone dates; cut into cubes, using ¼ as much date as apple. Add 2 tablespoons olive oil to each 2 cups of fruit and mix well. Cover closely and place in cool place for ½ hour. Turn into bowl lined with lettuce leaves and add 1 tablespoon lemon juice. Serve with bread and butter.

530 SAUSAGES AND FRIED APPLES

Prick sausages well with fork. Place in deep frying pan; pour in boiling water to cover bottom of pan; cover and cook over moderate fire. When water evaporates, remove cover, and turn sausages several times in order that they may be nicely browned. Turn on to a platter. Core a number of large tart apples. Cut in rings 1 inch thick and fry in sausage fat. Garnish sausages with apples and serve.

531 APPLE FRITTERS

½ cup Purity Flour
1 teaspoon baking powder
¼ teaspoon salt
Apples
Fruit sugar
Lemon juice
⅓ cup milk
1 egg
1 tablespoon melted butter

Method:—Sift flour with baking powder, salt and 1 tablespoon fruit sugar; add milk, beaten egg and butter and beat thoroughly. Wipe, core and pare apples; cut in ¼-inch rings; sprinkle with fruit sugar and a few drops of lemon juice. Cover and let stand 20 minutes. Drain thoroughly; dip slices in batter and fry in deep fat (which browns a cube of bread in 60 seconds). Drain on unglazed or brown paper. Serve with lemon or hard sauce (see Recipes No. 670 and 667).

532 BAKED APPLES

Wipe, core and remove slice from ends of apples. Place in baking dish. Fill centres with sugar and cinnamon (1 teaspoon cinnamon to 1 cup sugar), dot with small pieces of butter; pour water around apples (⅔ cup water to 6 apples). Bake in moderate oven of 350 degrees for 30 to 45 minutes. Baste every 10 minutes. Place on serving dish and pour juice over apples. Serve with cream.



PURITY FLOUR
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CEREALS

All cereal foods are rich in those properties that are essential to health. They furnish energy, heat and needed bulk. In winter months, particularly, we need these heat-producing foods to build strong muscles, sound flesh and active brain.

Oats may be regarded as the most nutritious of all cereals. They are rich in nitrogenous substances, a large percentage of which is in the form of protein and, therefore, available for tissue building.

533 KINDS	QUANTITY	SALT	WATER	TIME
Purity Oats (coarse flake)	1 cup	1 teaspoon	3 cups	30 minutes
Purity Oats (quick cooking)	1 "	1 "	2 "	5 "
Whole Oatmeal	1¼ "	1 "	4 "	30 "
Farina	1 "	1 "	4 "	15 "
Cornmeal	1 "	1½ "	5 "	20 "
Hominy	1 "	2 teaspoons	5 "	20 "
Rice	1 "	2 "	3 "	30 "

Method:—Place water in double boiler, add cereal gradually, stirring constantly. Boil over direct heat for 5 minutes, then continue cooking required time over boiling water. (Porridge may be made in evening and reheated in morning. The long standing improves it.)

534 FRIED CORNMEAL OR HOMINY MUSH

Pack cooked cornmeal or hominy in small bread pan. Cover and cool. Cut in thin slices. Fry in dripping, browning first one side, then the other. Serve with maple or corn syrup.

535 BAKED FARINA AND CHEESE

2 cups cooked Farina
2 cups milk
½ teaspoon salt
2 eggs
¼ lb. cheese

Method:—Beat eggs, add milk, salt and Farina; add cheese, sliced thinly. Turn into buttered baking dish. Bake in moderate oven of 375 degrees for 20 minutes or until golden brown.

536 PINEAPPLE PUDDING

¾ cup uncooked Farina
4 cups boiling water
1 small can crushed pineapple
¾ cup white sugar
½ cup whipping cream
½ teaspoon salt

Method:—Place boiling water in double boiler; add salt and Farina and cook for 5 minutes over direct heat, then finish cooking over boiling water. Chill, add sugar, pineapple and whipped cream. Serve.

INVALID DISHES

537 OATMEAL GRUEL

1 cup Purity Rolled Oats or Oatmeal
4 cups boiling water
½ teaspoon salt

Method:—Add boiling water to cereal in double boiler, stirring constantly. Cook for 3 hours. Rub through sieve; add salt and milk or cream. Reheat and serve.

538 BEEF TEA

1 lb. lean beef
2 cups cold water
Salt to taste

Method:—Wipe meat and remove fat; cut meat into small pieces and place with cold water in glass jar or double boiler. Let stand 30 minutes. (If jar is used place in kettle containing water.) Heat slowly. Simmer for 2 or 3 hours; then strain through a coarse strainer and press meat to extract all juices. Add salt.

539 KOUMISS

3 cups milk
1½ tablespoons white sugar
1-5 compressed yeast cake dissolved in a little lukewarm water

Method:—Heat milk to lukewarm. Add dissolved yeast and sugar. Pour into sterilized bottles, leaving a space of about 2 inches at top. Cork tightly and tie down with strong twine. Shake well and let stand in refrigerator for 24 hours; then turn bottles on side and let stand for another 24 hours. Store in cool temperature of about 52 degrees. (May be used in cases of fever, indigestion and gastric troubles.)

540 FRUIT DRINK

2 tablespoons lemon juice
2 tablespoons orange juice
2 tablespoons pineapple juice
1¾ cups water
2 cups chopped ice
1 cup white sugar

Method:—Boil 1 cup water with sugar for 12 minutes; cool, add remaining water, fruit juices and ice. Serve ice cold.

541 ALBUMEN DRINK

1 egg white
Juice of orange or lemon
½ cup water

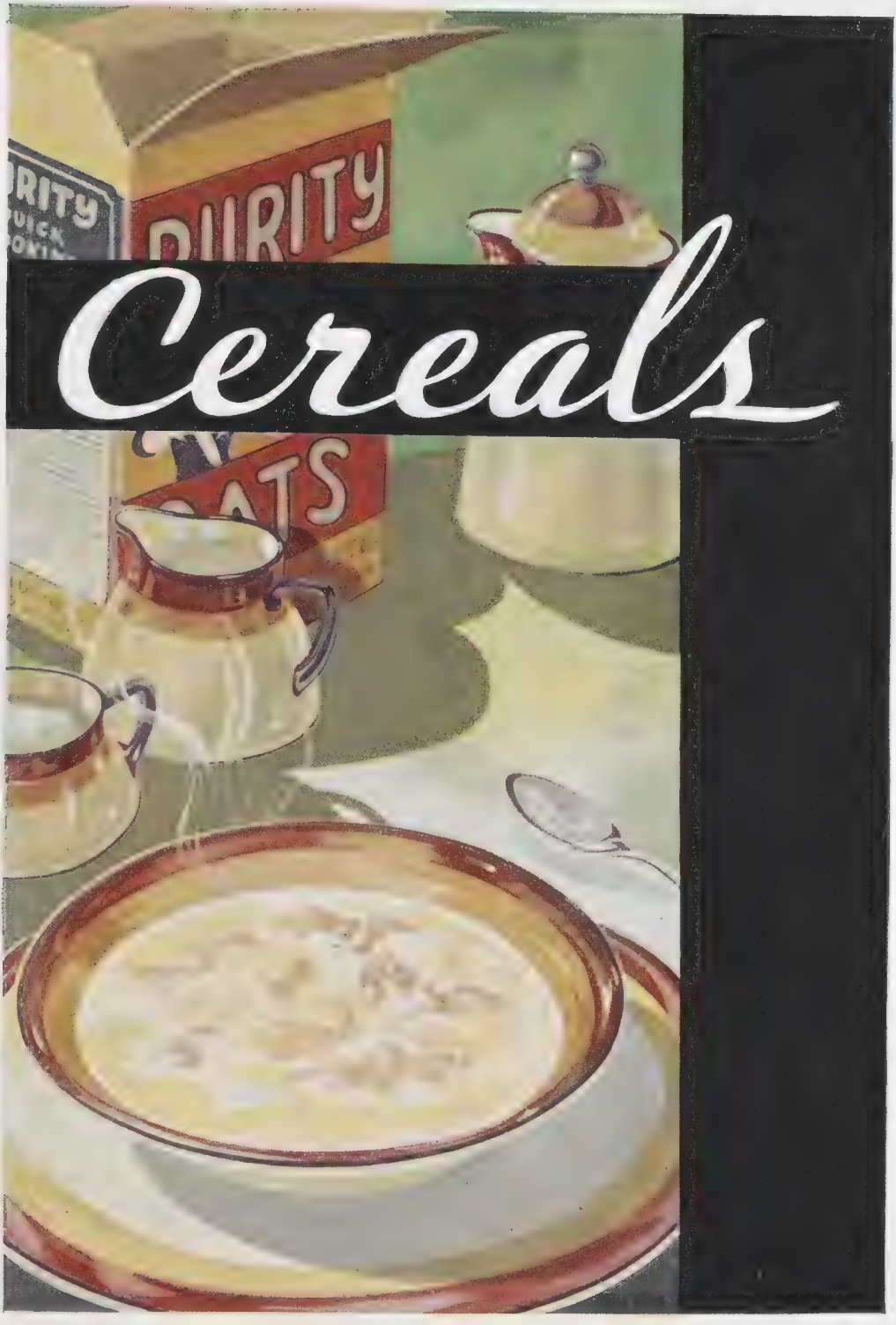
Method:—Beat egg white until stiff, add water and fruit juice.

542 MALTED MILK EGGNOG

2 tablespoons malted milk
½ teaspoon salt
2 tablespoons cream
Sugar to taste
Nutmeg
¾ cup boiling water
1 egg

Method:—Mix milk, salt and cream, add boiling water. Cool, sweeten, add beaten egg yolk, then beaten egg white. Flavor with nutmeg.

For additional "Invalid Dishes" see Cream Soups in Soup Section, and Milk Puddings in Pudding Section.


Cereals

BEVERAGES and PLEASANT DRINKS

543 TEA

Place tea in a scalded earthenware teapot, allowing 1 teaspoon of tea to each cup of boiling water. Let stand 3 to 5 minutes without boiling, then pour at once. If tea is to stand longer than 5 minutes it should be poured off leaves into another heated pot, as it is "oversteeping" that causes bitterness.

In order to completely infuse its strength and flavor, tea may be stirred with a spoon before pouring.

In making tea, always use freshly boiling water.

A teaball may be used, allowing the same proportions of 1 teaspoon of tea to each cup of water.

544 ICED TEA

6 teaspoons tea
1 lemon, sliced
White sugar to taste
4 cups boiling water

Method:—Place tea in a pitcher, pour boiling water over it, cover and let stand 5 minutes in warm place. Strain, pour tea over lemon and sugar, stir, and chill. Serve in tall glasses to which cracked ice has been added, with thin slice of lemon to each glass.

545 PERCOLATED COFFEE

Allow 1 tablespoon coffee to each cup of water. Place desired amount of coffee in container, add required amount of boiling water and allow to percolate until color shows desired strength.

546 BOILED COFFEE WITH EGG

Allow 1 tablespoon of coffee to each person. Beat 1 egg without separating, and mix with coffee; add ½ cup cold water. Place in coffee pot, allowing 1 cup of boiling water for each tablespoon coffee used, and stirring as water is added. Bring coffee to boil and boil 3 minutes. Remove to warm place and let stand 5 minutes; add 1 tablespoon cold water to settle. Strain and serve.

547 ICED COFFEE

Mix fresh, strong coffee with cream and sugar, according to taste, and place in covered pitcher for several hours in a bowl of cracked ice mixed with rock salt. Pour ice cold coffee into high glasses, filling them to three-quarters of their height. Over each, heap sweetened whipped cream. Serve immediately.

548 COFFEE FOR 50 PEOPLE

5 cups coffee
2 eggs
3 cups cold water
16 cups boiling water

Method:—Beat eggs, without separating, and mix with coffee; add 2 cups cold water. Place in boiler and add boiling water, stirring as water is added. Boil for 5 minutes. Remove to warm place and let stand 5 minutes. Add 1 cup cold water to settle. Serve. (If eggs are omitted, tie coffee in cheesecloth bags large

enough to allow coffee to swell. Bags may be removed when infusion is strong enough.)

White sugar required—2 lbs.
Cream—1¼ quarts.

549 BREAKFAST COCOA

2 cups scalded milk
2 cups boiling water
2 tablespoons cocoa
2 to 4 tablespoons white sugar
⅛ teaspoon salt

Method:—Mix cocoa, sugar and salt in saucepan; add boiling water gradually. Boil 5 minutes, add milk and cook 5 minutes longer, or until smooth and free from lumps.

550 CHOCOLATE

1½ squares chocolate
4 tablespoons white sugar
1 cup boiling water
4 cups scalded milk
⅛ teaspoon salt

Method:—Melt chocolate in saucepan over hot water. Add sugar and salt; then add boiling water gradually. When smooth, place over fire and boil 1 minute; add scalded milk. Whipped cream or marshmallows may be served on top of chocolate.

551 GINGER PUNCH

1 large bottle ginger ale
1 cup pineapple juice
3 lemons
White sugar to taste

Method:—Combine ingredients; chill thoroughly, and serve.

552 GRAPE PUNCH

2 cups grape juice
Juice of 2 lemons
Juice of 2 oranges
8 cups water
1 cup white sugar
1 cup sliced oranges

Method:—Boil sugar and water for 10 minutes; cool. Add fruit juices and oranges and serve with cracked ice. Serves 12 persons.

553 FRUIT PUNCH

2 cups white sugar
1 cup water
1 cup tea infusion
1 large bottle ginger ale
2 cups strawberry syrup
Juice of 5 lemons
Juice of 5 oranges
1 can grated pineapple
Iced water to make 1½ gallons

Method:—Boil sugar and water for 10 minutes, then add tea, fruit juices, pineapple and syrup. Let stand ½ hour. Strain, and add sufficient ice water to make 1½ gallons liquid. Pour into punch bowl over a large piece of ice, and add ginger ale. Serves 50 persons.

554 ORANGE PUNCH

Juice of 3 large oranges
Juice of 2 lemons
1 quart ginger ale
4 cups water
½ cup white sugar (or more, if desired)

Method:—Mix together and chill.

555 LEMON SYRUP

2 cups water
2 tablespoons grated lemon rind
1 cup lemon juice
3 cups white sugar

Method:—Place sugar and water in saucepan and stir until dissolved; then boil 20 minutes; add lemon juice and rind. Pour into jars and seal. One tablespoon of syrup added to glass of ice water is refreshing. (Very convenient to have on hand.)

556 ORANGEADE

8 oranges
3 lemons
4 cups cold water
White sugar to taste

Method:—Place large piece of ice in bowl. Sprinkle a little sugar over it and add a few lumps of sugar, against which the yellow rind of an orange has been grated. Add orange and lemon juices and let stand 4 hours, tightly covered. Add water and more sugar, if desired. Strain orangeade into tall glasses containing cracked ice. Add half a thin slice of orange. This beverage may be improved by adding to each glass half a thin slice of pineapple and two or three strawberries, raspberries or Maraschino cherries.

557 RASPBERRY VINEGAR

Place 3 quarts raspberries in a crock and add 1 quart white wine or cider vinegar. Let stand 24 hours or longer, and strain. Pour liquid over 3 quarts of fresh raspberries and let stand another 24 hours; strain and add 1 cup of white sugar to each cup of juice. Boil 20 minutes, skimming well. Bottle when cold. Serve 1 part vinegar to 4 parts water.



PURITY FLOUR
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SANDWICHES

When making sandwiches the following general rules should be noted:

1. Use bread that is not too fresh so that it will slice easily.
2. Cut bread as thinly as possible.
3. Pare away crust from each slice unless for lunch box, picnic or hot sandwiches.
4. Cream butter and spread lightly.
5. Use neatly sliced materials of a size to fit the sandwich.
6. To avoid having sandwiches too moist, mayonnaise or salad dressing should be thick.
7. Cut sandwiches desired shape—they should be small and dainty and always tastefully arranged on the tray.
8. To keep sandwiches fresh, wrap in wax paper, then in dampened table napkin or towel.
9. Lettuce sandwiches should not be made until a short time before serving or they will become soggy.

558 CHEESE AND PIMENTO SANDWICHES

1 can sweet pimentos
Bread and Butter
1 package cream cheese
Salad dressing

Method:—Mix pimentos and cheese with salad dressing and spread on buttered slices of bread.

559 HAM AND NUT SANDWICHES

Put ham and nuts through food chopper. Mix with salad dressing and spread on thinly cut buttered bread.

560 WALNUT AND MAPLE SUGAR SANDWICHES

Walnuts
Maple sugar
Bread and butter

Method:—Mix well together equal quantities of chopped walnuts and grated maple sugar and spread liberally between thin slices of bread and butter. Trim and cut into fancy shapes.

561 OLIVE AND WALNUT SANDWICHES

Put walnuts through meat chopper, using coarse blade; drain thoroughly and chop an equal quantity of olives stuffed with pimentos, using a chopping knife and bowl, as meat chopper squeezes too dry. Mix walnuts and olives with sufficient mayonnaise dressing to make a soft paste. Spread between buttered white or whole wheat bread.

562 LOBSTER SANDWICHES

2 or 3 tablespoons lobster meat
Mayonnaise or white sauce
Anchovy or shrimp essence
Pickled gherkins
Cayenne
Salt
Small rolls
Butter

Method:—Chop finely cooked lobster meat. Moisten with mayonnaise or white sauce. Season with cayenne, salt and a few drops of anchovy or shrimp essence. Split and butter small finger-shaped rolls and place between them a spoonful of lobster mixture sprinkled with chopped or shredded gherkins. Serve garnished with cress.

563 SALMON SANDWICHES

2 or 3 tablespoons cooked salmon
1 tablespoon mayonnaise
Salt and pepper
Cucumber or small cress
Small rolls
Butter

Method:—Remove skin and bone from salmon and break it up in bowl with fork. Moisten with mayonnaise and season to taste. Split and butter small finger-shaped rolls and spread between them salmon mixture and thinly sliced cucumber or a little cress. Cress or parsley may be used for garnishing.

564 CHICKEN SALAD SANDWICH

Butter thin slices of white bread and spread with filling made of cold, cooked chicken, cut in small cubes, and half the quantity of finely cut celery. Season with salt and pepper and moisten with mayonnaise dressing.

565 DEVILLED HAM AND CUCUMBER SANDWICHES

2 cucumbers
1 small onion
1 small tin devilled ham
Mayonnaise
Bread and butter

Method:—Slice onion and cucumbers thinly and mix with mayonnaise. Cover one slice of bread with cucumber mixture and the second with devilled ham. Press slices together and cut.

Any potted meat may be used for variation of this recipe.

566 RIBBON SANDWICH

Allow one slice of white bread and two slices of brown to a sandwich; spread both sides of white bread, press slices together with white bread in centre and cut down in thin slices. These sandwiches may be made with any two of the following: Cheese, pineapple, green and red peppers, nuts, olives and gherkins, finely chopped, and moistened with salad dressing.

567 ARISTOCRAT SANDWICH

2 tomatoes, minced
3 green peppers, minced
1 small onion, minced
¼ teaspoon salt
Salad dressing
Lettuce hearts
Olives
White bread and butter

Method:—Drain minced vegetables and mix with enough salad dressing to spread easily. Add salt, and spread between slices of buttered bread. Garnish with lettuce hearts and olives.

568-586 ADDITIONAL SANDWICH COMBINATIONS

Raisins and nuts chopped finely and moistened with grape juice.

Nasturtium blossoms and stems with cream cheese.

Crushed maple sugar with thick cream on whole wheat or nut bread.

Sardines, split and boned, lemon juice and paprika.

Peanuts chopped and salted, with salad dressing.

Fresh crisp lettuce with mayonnaise.

Chopped green peppers with mayonnaise.

One-third cup of chopped dates and two-thirds cup of chopped apples mixed with salad dressing.

2 eggs boiled hard, with 12 finely chopped olives moistened with mayonnaise.

Eggs boiled hard with half quantity of finely chopped cucumber mixed with Thousand Island dressing.

Equal quantities of chopped walnuts and dates mixed with salad dressing.

Eggs boiled hard and chopped finely with parsley and mixed with mayonnaise.

Chopped roast beef with fresh horseradish.

Three-quarters cup each of finely minced cold lamb and chopped celery; 1 tablespoon of minced mustard pickle, 2 tablespoons of shredded water cress, salt, paprika and curry powder. Serve on whole wheat bread with crisp lettuce leaf dipped in French dressing.

Chopped cold pork, green peppers and onions moistened with salad dressing.

One cup of chopped veal, carrot, onion and few sprigs of parsley, moistened with olive oil and lemon juice.

One-half cup minced Tuna fish, ½ cup chopped celery, 1 tablespoon each of chopped sweet pepper and pimento, moistened with mayonnaise and seasoned with salt.

One cup Tuna fish, ½ cup chopped pickle or relish, moistened with salad dressing.

Sliced Spanish onion seasoned with salt, pepper and vinegar.

587 ROLLED CELERY SANDWICHES

Cut bread ¼ inch thick, remove crusts, and butter; cut stalks of cleaned celery into lengths equal to width of bread slices and fill with Thousand Island dressing or cream cheese. Place stalk on edge of each slice and roll into bread like a jelly roll. Roll sandwiches in damp cloth to retain their shape and place in refrigerator for a few hours.

588 ROLLED ASPARAGUS SANDWICHES

Bread
Butter
Asparagus
Mayonnaise

Method:—Cut bread ¼ inch thick. Spread with softened butter. Dip asparagus in mayonnaise, place on bread and roll. Roll sandwiches in damp cloth to retain their shape and place in refrigerator for a few hours.

589 WATER CRESS OR PEPPER CRESS SANDWICHES

Place watercress or peppercress on buttered bread and roll firmly.

590 TOASTED CHEESE AND HAM SANDWICHES

Bread
Cheese
Butter
Ham

Method:—Spread bread with butter, cheese and minced ham. Have oven very hot and toast to a golden brown on both sides. Serve hot.

591 HOT CHEESE SANDWICHES

1 package cheese
1 egg, well beaten
1 tablespoon Worcestershire Sauce
¼ teaspoon salt
¼ teaspoon mustard
Bacon
Bread

Method:—Cream cheese; add egg and seasoning and spread on bread, which should be cut about ½ inch thick. Place slice of bacon on each slice of bread and bake in quick oven. Serve with green salad, such as lettuce or cress.

592 TOASTED TOMATO AND BACON SANDWICHES

Allow 3 slices of toasted bread for each sandwich. On first slice, place fried bacon and cover with another slice of toast on which place lettuce, sliced tomatoes and mayonnaise dressing. Place third slice of toast on top and serve.

593 HOT ROAST BEEF SANDWICH

Place a slice of hot roast beef between two slices of bread, pour brown gravy over all and serve.

Sandwiches with pork, lamb or veal may be served in similar manner.

594 WESTERN SANDWICH

Spread between 2 slices of toasted bread, layers of fried egg, fried bacon and fried onion. Season to taste and serve.

595 CINNAMON TOAST

White or brown bread 24 hours old
Powdered sugar
Cinnamon
Butter

Method:—Cut slices ¼ inch thick; trim off crusts, then toast. Spread with butter and sprinkle liberally with fruit sugar mixed with cinnamon, using 1 tablespoon cinnamon to ½ cup sugar. Reheat and serve.

596 CLUB SANDWICH

Cut white bread in ¼ inch slices and toast on one side. Butter bread side and place on it crisp lettuce leaf; spread with mayonnaise dressing. Place on top, layers of sliced chicken, sliced tomatoes and crisp bacon or cold ham. Season with salt and pepper. Lay second slice of toast on top and cut in halves. Serve at once. (May be made with 3 slices of toast if desired.)

LUNCHEON AND SUPPER DISHES

597 SCALLOPED TOMATOES

4 cups fresh or stewed tomatoes seasoned with salt and pepper
Bread crumbs
Onions
Butter

Method:—Place layer each of crumbs, tomatoes and minced onions in buttered baking dish. Dot with pieces of butter (about 1 tablespoon). Repeat in alternating layers, having layer of crumbs on top. Dot liberally with butter and bake in moderate oven of 375 degrees until brown.

598 STUFFED TOMATOES

Method:—Wipe 6 medium-sized tomatoes and remove thin slice from stem end. Take out seeds and pulp and sprinkle inside of tomatoes with salt; invert and let stand 30 minutes. Cook 2 tablespoons butter with ½ tablespoon finely chopped onion for 5 minutes; then add ½ cup soft bread crumbs, tomato pulp, salt and pepper to taste, and cook for 5 minutes; add 1 egg slightly beaten and cook 1 minute longer. Refill tomatoes with mixture, place in buttered pan and sprinkle with buttered cracker crumbs. Bake 20 minutes in moderate oven of 350 degrees.

599 TOMATO SOUFFLE

4 tablespoons Purity Flour
2 tablespoons butter
1 cup stewed tomatoes
1 teaspoon salt
½ teaspoon pepper
5 eggs

Method:—Melt butter, stir in flour and seasonings and gradually add tomatoes; add well-beaten egg yolks. Beat egg whites until stiff and fold into tomato mixture. Turn into well-oiled dish and bake for 25 minutes in moderate oven of 350 degrees.

600 FRIED TOMATOES

Method:—Wash and wipe dry, smooth tomatoes, either green or ripe. Slice about ¼ inch thick, dip in beaten egg, then in Purity Flour. Place in hot frying pan in which have been melted 2 tablespoons of butter. Season with salt and pepper. Cover and fry on both sides until brown.

601 CREAMED TOMATOES ON TOAST

Tomatoes
Purity Flour
Butter
Salt and pepper
Toast
Lettuce

Method:—To each cup of canned tomatoes add 1 teaspoon each of Purity Flour and butter, creamed


SANDWICHES

together. Season with salt and pepper, cook until it thickens, pour over toast, garnish with lettuce and serve at once.

602 BAKED MACARONI AND CHEESE (1)

Method:—Break ¼ lb. macaroni into small pieces and cook in 4 cups of salt water for 20 minutes. Turn into colander; pour cold water over macaroni; drain. Fill well-greased baking pan with alternate layers of macaroni and grated cheese, having grated cheese as top layer. Moisten with heated milk and bake in moderate oven of 350 degrees until brown.

603 BAKED MACARONI AND CHEESE (2)

1 package macaroni
½ lb. cheese
1 green pepper (optional)
1 can tomatoes
Salt and pepper
1 onion

Method:—Cook macaroni in boiling, salted water until tender; drain. Grate cheese, chop green pepper, finely (if used), and mix with macaroni, tomatoes, onion and seasonings, leaving sufficient grated cheese for layer on top. Place in baking dish, cover with grated cheese and bake in moderate oven of 350 degrees until brown.

604 BOILED SPAGHETTI

1 package spaghetti
1 onion
1 tin tomatoes
¼ lb. bacon
¼ lb. butter
4 small red peppers
Salt and pepper

Method: — Boil spaghetti 20 minutes, strain and rinse in cold water. Melt butter in frying pan and fry bacon, onion and red peppers until brown; add tomatoes, salt and pepper and boil for 20 minutes. Pour over spaghetti and boil 10 minutes.

605 SPANISH RICE (1)

1½ lbs. Hamburg steak or left-over cooked meat, chopped
½ cup rice
1 small onion
½ cup grated cheese
1 can tomatoes or 1 can tomato soup
Salt and pepper

Method:—Cook rice in boiling, salted water 10 minutes; place in colander and let cold water run through it. Add meat, cheese, tomatoes or soup, onion and seasonings; bake in moderate oven of 375 degrees until golden brown.

606 SPANISH RICE (2)

1 lb. rice
1 lb. round steak (cut in cubes)
1 can tomatoes
1 green pepper (minced)
1 teaspoon salt
¼ teaspoon pepper

Method:—Cook rice in boiling, salted water 10 minutes; place in colander and let cold water run through it. Line pan or earthen bowl with rice; mix steak, tomatoes, green pepper and seasonings together, and pack in centre. Steam or boil 3 hours. Turn out and pour over it tomato sauce (see Recipe No. 684).

607 CORN FRITTERS

½ cup milk
2 cups boiled corn cut from cob; or canned corn
2 cups Purity Flour
1½ teaspoons salt
⅓ teaspoon pepper
3 teaspoons baking powder
1 tablespoon melted shortening
2 eggs

Method:—Scrape kernels from cob with the back of a knife. Add milk, beaten eggs, shortening, salt and pepper. Add flour sifted with baking powder; mix well. Drop from tablespoon into hot fat in frying pan and fry brown on both sides. Drain on unglazed paper and serve immediately.

608 CORN AND CHEESE TIMBALES

1 egg
1 cup milk
1 cup canned corn
½ cup grated cheese
1 teaspoon salt
⅛ teaspoon pepper

Method:—Beat egg; add milk, corn, grated cheese and seasonings. Pour into greased patty pans or timbales. Set in pan of hot water and bake in moderate oven of 325 degrees for 30 minutes.

609 HOT CORN SUPPER DISH

1 cup thick white sauce
½ can corn
Brown bread crumbs

Method:—Add corn to sauce (see Recipe No. 681). Place a layer of bread crumbs on bottom of greased baking dish, pour in corn and sauce mixture and place remainder of bread crumbs on top; dot with butter and bake in moderate oven of 350 degrees for 15 minutes or until brown.

610 CHICKEN SOUFFLE

2 tablespoons Purity Flour
2 tablespoons butter
1 cup milk
1 cup chicken stock
½ cup bread crumbs
3 eggs
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon celery salt
2 cups minced chicken

Method:—Make a sauce by mixing flour and butter together and gradually adding milk and stock; bring to boiling point, stirring constantly, then add crumbs, seasonings and chicken. Pour into well-beaten egg yolks; fold in egg whites beaten until stiff. Bake in moderate oven of 350 degrees for 20 minutes or until golden brown.

611 CHEESE PUDDING

2 cups soft bread crumbs
4 cups milk
¼ teaspoon soda
Paprika
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon butter
2 cups grated cheese
6 eggs

Method:—Scald crumbs with milk, add butter, soda and seasonings; then combine with cheese and eggs, slightly beaten. Pour into buttered baking dish, set in larger pan and surround with hot water. Bake slowly for 1 hour in moderate oven of 350 degrees.

612 ASPARAGUS CUSTARD

2 cups milk
2 cups raw asparagus, cut in small pieces
3 eggs
½ teaspoon salt
3 tablespoons butter
Few drops Tobasco Sauce

Method:—Cook asparagus in small amount of water until almost tender. Beat eggs slightly; add butter, milk, seasonings, asparagus and ½ cup of liquid in which asparagus was cooked. Pour into well-greased casserole. Place in pan of water and bake in moderate oven of 350 degrees until centre is set. Serve at once.

613 CHEESE DREAMS

1 tablespoon butter
1 beaten egg
¼ teaspoon salt
½ teaspoon mustard
¼ teaspoon paprika
1 teaspoon Worcestershire Sauce
2 cups grated cheese
6 slices bread
6 slices bacon

Method:—Add butter, egg and seasonings to cheese and mix to a paste. Spread on bread. Place bacon on top. Bake in a hot oven of 400 degrees for 5 to 8 minutes.

614 DELMONICO POTATOES

2 cups milk
4 tablespoons butter
4 tablespoons Purity Flour
½ cup grated cheese
Cold boiled potatoes cut in small cubes

Method:—Melt butter, add flour and cheese; then add milk gradually and bring to boiling point. Fill buttered baking dish with alternate layers of potatoes and sauce. Cover with buttered crumbs and reheat in oven.

615 SCALLOPED HAM AND POTATOES

4 cups sliced potatoes
2 small onions
1 thick slice of ham
2 cups milk
2 tablespoons Purity Flour
Salt and pepper

Method:—Cut ham into 6 portions. Place ⅓ of potatoes in greased casserole; over these slice 1 onion and sprinkle with flour, salt and pepper; lay on these 3 pieces of ham. Repeat the layer, and place balance of potatoes on top. Pour milk over all and bake for 1 hour in moderate oven of 350 degrees, covering for the first 30 minutes. (If salty ham is used, omit salt from recipe.)

616 VEGETABLE PLATE

As a pleasant change from the usual meat diet, boiled buttered beets, Lima beans, cabbage salad and brown bread and butter make a nice plate luncheon.

617 MIXED GRILL

(*One portion*)

Lamb chop
1 slice bacon
1 sausage
½ tomato
Potato (shoe string)
Water cress

Method:—Broil lamb chop, fry bacon and sausage. Cut potato into ¼ inch strips, making them as uniform as possible in size and length; soak in cold or ice water ½ to 1 hour; drain thoroughly and fry in deep hot fat until delicate brown. Drain on unglazed paper and sprinkle with salt. Place chop in centre of individual serving platter, lay bacon and sausage across the chop, flank with tomato and potato and garnish with water cress.

618 CURRIED RICE

1 cup brown or uncoated rice
4 tablespoons butter
1½ teaspoons salt
1 teaspoon curry powder (more if desired)

Method:—Boil rice rapidly in salted water; drain and dry in oven or steam it. Add butter and curry powder creamed together, stirring lightly with a fork. Serve hot.

619 SHRIMP CROQUETTES

To 2 cups boiled rice, add 1 can of shrimps, 1 tablespoon each of diced green pepper and onion, and 1 egg. Season with salt and pepper and mix thoroughly. Mould and roll in crumbs. Fry in deep fat and serve with creamed mushrooms. This is equally good made with Tuna fish, lobster or salmon.

620 TUNA FISH A LA KING

3 tablespoons Purity Flour
4 tablespoons butter
2 tablespoons green pepper (minced)
2½ cups Tuna fish, flaked coarsely
1 teaspoon salt
2 cups rich milk
1½ cups diced mushrooms
Few grains paprika

Method:—Melt butter and cook green pepper and mushrooms in it until tender. Stir in flour, salt and paprika and cook until frothy. Add milk gradually, stirring constantly until boiling point has been reached, then add fish. Serve very hot in Patty Shells (see Recipe No. 473) or on buttered toast.

621 TUNA FISH AND SPAGHETTI

1 onion, chopped finely
4 stalks celery, chopped finely
1 green pepper, cooked in 2 tablespoons butter
1 package spaghetti, cooked
1 large tin tomatoes
1 large tin Tuna fish
1 tablespoon white sugar
Pepper to taste

Method:—Combine all ingredients but Tuna fish and heat thoroughly. Add Tuna fish just in time to heat through before serving.

622 SALMON CUTLETS

1 lb. tin salmon
2 cups mashed potatoes
2 eggs
½ teaspoon salt
⅛ teaspoon pepper
2 cups medium thick white sauce
1 cup canned peas
Dried bread crumbs

Method:—Remove bones and skin from salmon and mash with fork. Add potatoes, salt, pepper and 1 egg. Mix thoroughly and form into balls; roll in crumbs, then in beaten egg, then in crumbs again, and fry in deep boiling fat. Arrange on platter and surround with peas which have been heated in white sauce (see Recipe No. 691).

623 CHILI CON CARNE

1 lb. round steak, ground
4 tablespoons chopped onion
4 cups tomatoes
1 can kidney beans
1 tablespoon each of salt, chili powder, butter, olive oil, Purity Flour and Worcestershire Sauce.

Method:—Heat butter and oil together in frying pan and fry onion to a light brown; add Worcestershire sauce and chili powder, stirring well. Add steak, and almost cover with hot water; cook slowly until tender; then add tomatoes, beans, salt and flour blended with a little tomato juice. Simmer until tomato pulp is thoroughly blended.

624 CHOP SUEY

1 lb. round steak
3 large onions
1 stalk celery
1 can bean sprouts
1 can mushrooms
3 tablespoons Shoyu Sauce
Purity Flour

Method:—Cut steak into small pieces, roll in Purity Flour and brown in greased iron pan on top of stove. Add onions and celery, cut in fine pieces and cook on stove or in oven (oven preferred) for 2 hours; if dry add ½ cup of water. Add mushrooms, bean sprouts and Shoyu Sauce. Cook about 15 minutes longer, and serve hot with hot rolls—a whole meal in itself. (Do not overcook or bean sprouts will be spoiled.)

625 WITCHES BREW

1½ lbs. Hamburg steak
¼ lb. bacon, cut in pieces
1 can kidney beans
2 large sweet peppers
2 large Spanish onions
1 can mushrooms
3 large ripe tomatoes
2 cups egg noodles, rice or spaghetti
Salt and pepper

Method:—Fry steak until golden brown, then fry bacon and add to steak. Add onions and peppers, finely chopped, cook for 10 minutes, then add mushrooms, beans, noodles or rice or spaghetti, and thinly sliced peeled tomatoes. Stir well, season, and simmer for 20 minutes. Serve. If desired, cooked ingredients may be placed in a casserole and grated cheese, bread crumbs and strips of bacon may be placed on top and browned in oven. In this case bacon is not added to steak.

626 GOULASH

1 lb. spaghetti (cooked)
2 lbs. Hamburg steak (fried)
½ lb. cheese (grated)
4 cups tomatoes
1 can pimentos
3 medium-sized onions
½ lb. butter
Salt

Method:—Combine ingredients and heat very slowly on top of stove.

627 SHEPHERD'S PIE

Mash cooked potatoes, adding sufficient milk or white sauce to make them smooth. Place a thin layer in baking dish; cover with minced meat, minced onions, sauce or gravy and cover meat with remaining potatoes. Bake in moderate oven of 350 degrees until brown.

628 TEST FOR FRESH EGGS

Drop an egg carefully in deep pan of cold water. If fresh it will sink at once to bottom. If it sways about on one end, it is not fresh but may still be used. If it floats do not use.

629 POACHED EGGS

Fill deep frying pan ¾ full of water and add 1 teaspoon salt for each 4 cups water. Put in greased muffin rings or egg poacher. Break eggs, one at a time, in a saucer and slip them into the rings in boiling water. Cover pan and cook until whites are firm. Lift eggs out carefully, and serve on buttered toast or with cheese or tomato sauce (see Recipe No. 682 or 689).

Eggs poached in broth, substituting broth for water, are delicious, and make a nice addition to a luncheon.

630 CODDLED EGGS

Pour freshly boiled water over eggs (in shells) in sauce pan. Cover and set in warm place. Leave 6 minutes for soft cooking and 8 minutes for firmly set eggs.

631 SHIRRED EGGS

Butter individual baking dishes, carefully break shells and slip in eggs. Dust lightly with salt and pepper and add ½ teaspoon butter to each egg. Set dishes in pan of boiling water and cook eggs in moderate oven of 350 degrees until white is firm.

632 SCRAMBLED EGGS

May be made with ham, cheese, asparagus, mushrooms, onions, peppers or tomatoes.

6 eggs
½ cup milk
⅛ teaspoon pepper
1 tablespoon butter or fat
1 teaspoon salt

Method:—Break eggs into frying pan and beat with fork until broken; add milk, butter or fat and seasonings and any of the above suggestions. Heat over slow fire until creamy. Serve at once on buttered toast.

633 EGG SOUFFLE

Melt 3 tablespoons butter. add 3 tablespoons Purity Flour and 1 cup milk. Bring to boiling point and season with salt and pepper. Remove from fire, add yolks of 3 eggs, beat until thick and smooth, then fold in beaten egg whites. Turn into a buttered baking dish and bake in moderate oven of 350 degrees for 25 minutes. Serve immediately.

634 CREAMED SPINACH AND POACHED EGGS

Drain and chop finely 1 can spinach. Melt 1 tablespoon butter in saucepan or double boiler, add 1 tablespoon Purity Flour; mix until smooth, then

add ½ cup milk, salt and pepper to taste, and spinach. Cook until thoroughly heated and creamy. Serve on hot dishes with poached eggs on top.

635 SCALLOPED EGGS WITH CHEESE

4 eggs boiled hard (chopped)
2 cups milk
4 tablespoons Purity Flour
3 tablespoons butter
½ cup grated cheese
Buttered bread crumbs

Method:—Melt butter, add flour and cheese, then add milk gradually and bring to boiling point. Place layer of bread crumbs in buttered baking dish, add one-half the eggs and pour over them half the sauce. Repeat in alternating layers, the remaining eggs and sauce, and sprinkle remaining bread crumbs on top. Bake in moderate oven of 375 degrees for 20 minutes or until golden brown.

636 PLAIN OMELET

4 eggs
½ teaspoon salt
4 tablespoons milk
2 tablespoons butter
Few grains pepper

Method:—Beat yolks of eggs, add seasonings and milk. Beat whites until stiff but not dry. Put butter in heated omelet pan and butter sides well. Fold whites into yolk mixture and turn into pan, having pan very hot at first, then gradually reducing heat. Cook slowly until omelet is set. Place in moderate oven to dry slightly on top, then fold and turn out. Garnish with parsley and serve at once.

This omelet may be varied by folding in minced chicken, veal, ham, bacon, fish, parsley or canned corn.

637 CHEESE OMELET

3 eggs
1 tablespoon butter
Salt and pepper
4 tablespoons grated cheese
⅛ teaspoon mustard

Method:—Beat egg yolks, add salt, pepper, mustard and melted butter. Place in hot omelet pan and stir constantly. When partly cooked, add beaten egg whites and beat again until frothy. Add cheese and brown in moderate oven of 350 degrees.

638 SPANISH OMELET

Follow recipe for Plain Omelet, place hot tomato mixture as given below on one half of omelet and fold over.

2 tablespoons shortening
1 large tomato
3 tablespoons each of green pepper, onion and celery (chopped)
¼ cup chopped mushrooms
¾ teaspoon salt
Few grains each of black and cayenne pepper

Method:—Melt shortening, add green pepper and onion and fry slowly until tender. Peel tomato and cut in small pieces; add tomato, celery, mushrooms and seasonings to first mixture. Cook over low fire until tomato is tender.

Garnish with parsley and serve immediately.

MUFFINS, WAFFLES, GRIDDLE CAKES and POPOVERS

639 BUTTERSCOTCH MUFFINS

2 cups Purity Flour
3½ teaspoons baking powder
⅔ teaspoon salt
2 tablespoons white sugar
2 tablespoons butter
1 egg
½ cup milk

Method:—1. Sift flour with baking powder, sugar and salt 3 times. 2. Cut butter into flour mixture. 3. Beat egg, add milk and add gradually to Mixture No. 2; mix together. 4. Turn out on lightly floured board. 5. Roll out in rectangular sheet ⅓ inch thick. 6. Spread with ¼ cup softened butter and sprinkle ½ cup brown sugar over butter. 7. Roll like jelly roll. 8. Cut slices 1½ inches thick. 9. Place in greased muffin tins with flat side up. 10. Bake in moderate oven of 350 degrees for 25 minutes.

640 BRAN MUFFINS

2 tablespoons molasses
1 teaspoon soda
1 teaspoon salt
3 cups bran
1 cup Purity Flour
2 cups sour milk
1 egg, well beaten
1 tablespoon melted butter

Method:—1. Mix the ingredients in order given. 2. Place in muffin tins and bake 30 minutes in slow oven of 300 degrees.

641 WHOLE WHEAT MUFFINS

½ teaspoon salt
1 tablespoon white sugar
1 cup milk
1 tablespoon melted shortening
1¾ cups Purity Whole Wheat Flour
½ teaspoon soda
1 egg
1 teaspoon cream of tartar

Method:—1. Mix together milk, salt, sugar and egg. 2. Sift flour with soda and cream of tartar and add to Mixture No. 1; beat well. 3. Add shortening. 4. Place 1 tablespoon of mixture in each muffin tin and bake 25 minutes in slow oven of 300 degrees.

642 DATE MUFFINS

2 cups Purity Flour or Purity Whole Wheat Flour
4 tablespoons shortening
1¼ cups milk
1 egg
4 teaspoons baking powder
½ teaspoon salt
1 cup chopped dates
¼ cup brown sugar

Method:—1. Beat egg; add milk. 2. Sift flour with baking powder, sugar and salt; add dates. 3. Add flour mixture to Mixture No. 1; add melted shortening and beat well. 4. Bake in oiled muffin tins in slow oven of 300 degrees for 25 minutes.

643 PLAIN MUFFINS

¼ cup butter
½ cup white sugar
½ teaspoon salt
2 cups Purity Flour
4 teaspoons baking powder
1 cup milk
1 egg

Method:—1. Cream butter, add sugar and well-beaten egg. 2. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 1. 3. Half-fill greased muffin tins and bake in hot oven of 425 degrees for 25 minutes.

644 HONEY MUFFINS

1 egg
4 tablespoons honey
1 teaspoon salt
2 cups milk
3 cups Purity Flour
3 teaspoons baking powder

Method:—1. Beat egg and add honey. 2. Sift flour with baking powder and salt and add, alternately, with milk to Mixture No. 1; beat until smooth. 3. Pour into greased muffin tins and bake in hot oven of 400 degrees for 30 minutes. Serve hot with honey.

645 SCOTCH SCONES (1)

3 cups Purity Flour
1 teaspoon salt
1 teaspoon cream of tartar
2 teaspoons white sugar
1 teaspoon soda
1 tablespoon melted shortening
Buttermilk

Method:—1. Sift flour with salt, sugar, cream of tartar and soda. 2. Add shortening and sufficient buttermilk to make soft dough. 3. Bake on frying pan or griddle, browning first one side, then the other.

646 SCOTCH SCONES (2)

1 cup Purity Flour
½ teaspoon soda
1 teaspoon baking powder
1 tablespoon butter
½ teaspoon salt
Sour milk or buttermilk

Method:—1. Sift flour with soda, baking powder and salt. 2. Mix butter in with tips of fingers. 3. Add sour milk or buttermilk to make a soft dough. 4. Roll out to ½-inch thickness. 5. Place in iron pan on top of stove, having pan very hot for first minute; then reduce heat or move pan to back of stove to give scones time to rise; brown, then turn and brown the other side.

647 GRIDDLE CAKES

1 egg
1 cup milk
½ teaspoon salt
1 cup Purity Flour
2 teaspoons baking powder
1½ tablespoons melted shortening

Method:—1. Beat egg and add milk. 2. Sift flour with baking powder and salt and beat into Mixture No. 1. 3. Lastly, add shortening. 4. Drop from tablespoon on hot, slightly greased griddle and brown on both sides. 5. Serve at once with honey or maple syrup. (Purity Whole Wheat Flour may be substituted for white flour.)

648 WAFFLES

1½ cups Purity Flour
2 teaspoons baking powder
1 cup sweet cream or 1 cup milk and 3 tablespoons melted butter
1 teaspoon salt
2 eggs

Method:—1. Sift flour with baking powder and salt; add egg yolks and cream (or milk and butter). 2. Lastly, fold in beaten egg whites. 3. Heat both sides of waffle iron; put 1 tablespoon mixture in each compartment and brown on both sides. 4. Serve at once with powdered sugar, honey or maple syrup.

649 POPOVERS (1)

2 cups Purity Flour
½ teaspoon salt
2 tablespoons melted butter
2 cups milk
4 eggs

Method—1. Sift flour with salt; add milk gradually. 2. Add unbeaten eggs and butter; beat with egg beater 2 minutes. 3. Pour into hot, greased muffin pans and bake in hot oven of 450 degrees for 35 minutes; then reduce temperature to 375 degrees and bake 15 minutes longer. 4. Serve hot or fill with creamed meat or vegetables, or prune whip, blanc mange or chocolate cream filling (see Recipe No. 321).

650 POPOVERS (2)

1½ cups Purity Flour
1½ cups milk
1 egg
1 teaspoon melted butter
½ teaspoon salt

Method:—1. Pour milk into mixing bowl. 2. Sift flour with salt and add gradually to milk, beating until batter is smooth. 3. Add egg, beaten until light, and melted butter. 4. Beat rapidly for 2 minutes, then half-fill deep gem pans (well heated and oiled) and bake 50 minutes in slow oven of 225 degrees.



GRIDDLE CAKES
(See Recipe No. 647)

PURITY FLOUR
BEST FOR ALL YOUR BAKING

CANDIES

651 BUTTERSCOTCH

2 lbs. brown sugar
¾ lb. corn syrup
2 cups water
3 teaspoons vanilla
¾ lb. butter

Method:—Boil sugar with syrup, butter and water, until mixture rattles against cup when tested in water. Add vanilla and pour into shallow, buttered pan. Mark into squares before it is quite cold.

652 UNCOOKED FUDGE

7 ounces sweet chocolate
1 tablespoon butter
1 cup icing sugar
2 eggs
2 teaspoons vanilla
1 cup chopped nuts

Method:—Melt butter and chocolate. Stir in icing sugar, beaten egg yolks and stiffly beaten egg whites; add vanilla and nut meats. Press into well-buttered pans. Let stand until almost stiff; then cut into squares.

653 FUDGE

2 squares unsweetened chocolate (melted)
2 cups white or brown sugar
⅔ cup milk
1 tablespoon corn syrup
2 tablespoons butter
1 teaspoon vanilla

Method:—Place sugar, milk, chocolate and syrup in saucepan and cook slowly, stirring until sugar dissolves; then increase heat and continue cooking, stirring frequently until it forms a soft ball when tested in cold water. Remove from heat, add butter, cool to lukewarm without stirring, add vanilla and beat until a small amount dropped from spoon holds its shape. Place in buttered pan, and when cold cut into squares.

Note:—Half-cup nuts or shredded cocoanut may be added with vanilla. Fruit Fudge is made by adding half cup chopped dates, raisins or figs.

654 QUICK FONDANT

2 egg whites
2½ cups icing sugar
Flavoring

Method:—Beat egg whites slightly and add sifted sugar gradually, until stiff enough to knead; work in flavoring. Dredge hands and board with sugar and form fondant into shapes desired.

655 CHRISTMAS LOAF

6 cups icing sugar
1½ cups cold water
⅛ teaspoon cream of tartar
Flavorings
Vegetable coloring

Method:—Mix sugar, water and cream of tartar; knead well; divide into three parts. Flavor one with almond and color it pale green with vegetable coloring; flavor a second with cinnamon, leaving it white, and the third with an ounce of melted chocolate and a little vanilla. Make a design of holly with angelica leaves and red candies in oiled loaf pan.

Gently press the white layer on to this, spreading it evenly; then press on the green, then the chocolate. Let stand 24 hours. Unmould, having design on top, and cut from loaf as desired.

656 CANDY FOR PULLING

1 cup brown sugar
1 cup syrup
2 tablespoons butter
1 tablespoon lemon juice

Method:—Cook all together, without stirring, until brittle, when tested in cold water. Pour into buttered pans and cool sufficiently to pull.

657 STUFFED DATES, CHOCOLATE DIPPED

Cut dates open and remove stones. Fill open space with a strip of preserved ginger, pineapple, chopped nuts or Quick Fondant (see Recipe No. 654). Press dates together to keep in filling, then dip them one by one into chocolate mixture.

Chocolate Mixture

9 tablespoons white sugar
4 tablespoons molasses
2 tablespoons butter
1 tablespoon water
2 squares grated chocolate

Method:—Mix together and boil until mixture threads. Cool slightly and dip dates in it.

658 MOLASSES TAFFY

1 cup molasses
1 cup brown sugar
1 teaspoon vinegar
2 tablespoons butter
⅛ teaspoon soda
1 teaspoon flavoring
Cocoanut or peanuts

Method:—Boil molasses, butter, sugar and vinegar until mixture rattles against cup when tried in cold water; add flavoring and soda. Cover buttered pan with cocoanut or peanuts and pour mixture into it. When nearly cold, mark into squares.

659 DIVINITY FUDGE

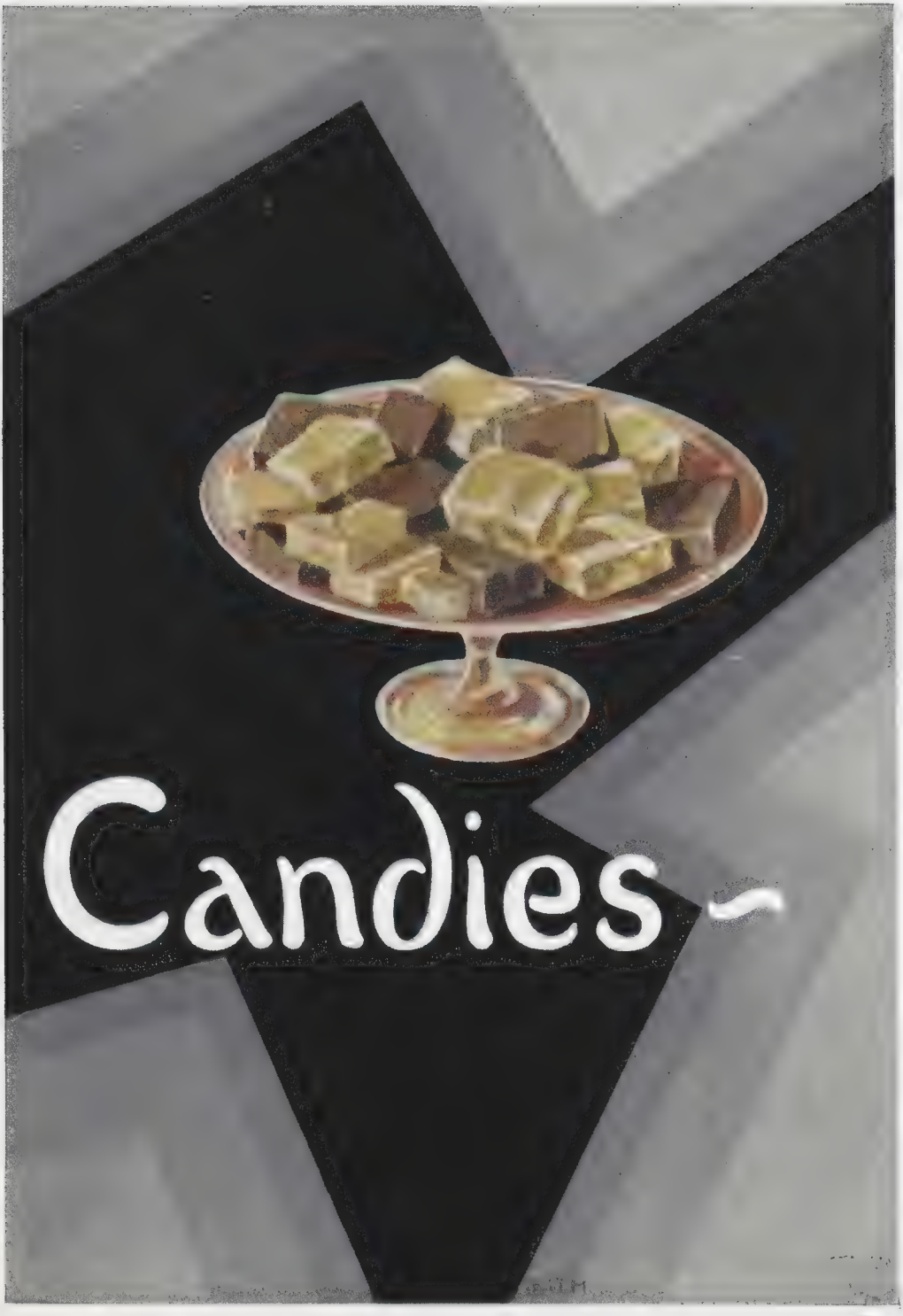
½ cup corn syrup
½ cup cold water
2 cups white sugar
2 egg whites
1 teaspoon vanilla

Method:—Cook syrup, water and sugar until mixture "hairs" when tested in cold water. Beat egg whites until stiff and gradually add syrup. Add vanilla and beat until thick. Turn out on buttered plates.

660 MAPLE CREAM

1 cup milk
1 tablespoon butter
4 cups brown sugar
1 teaspoon vanilla
1 cup walnuts

Method:—Place sugar, milk and butter in saucepan and heat slowly, stirring until sugar is dissolved; then boil, without stirring, until mixture forms a soft ball when tested in cold water. Remove from heat; cool gradually, then beat until creamy; add nuts and vanilla, and pour into buttered pans. Mark into squares before it hardens.


Candies

661 TURKISH DELIGHT

3 tablespoons granulated gelatine softened in ½ cup cold water
2 cups white sugar
½ cup boiling water
Juice and grated rind of 1 orange
3 tablespoons lemon juice

Method:—Place sugar and boiling water in saucepan, bring to boiling point, add gelatine and boil gently for 20 minutes. Remove from heat, add fruit juices, strain and add rind (candied fruit and chopped nuts may be added). Pour into moistened pan. When firm, cut into squares, using knife dipped in hot water. Roll in powdered sugar.

662 SALTED ALMONDS

1 cup almonds
Salt
2 tablespoons butter or olive oil

Method:—Blanch almonds and dry; place in shallow baking pan and add butter or oil. Brown in moderate oven 350 degrees, stirring frequently. Drain on unglazed paper; sprinkle with salt.

663 PECAN PANOCHA

3 cups brown sugar
1 cup milk
1½ cups pecans
2 tablespoons butter
1½ teaspoons vanilla

Method:—Place sugar and milk in saucepan and heat slowly, stirring until sugar is dissolved; then boil, without stirring, until mixture forms a soft ball when tested in cold water. Remove from fire, add butter; cool to lukewarm, then beat until thick and creamy; add vanilla and nuts and mix thoroughly. Pour into buttered pans and when cold, cut into squares.

664 TOFFEE APPLES

Make syrup by boiling 2 cups brown sugar, 2 tablespoons butter, 1 teaspoon vanilla and 1 tablespoon vinegar until brittle when tested in cold water (coloring may be added, if desired). Dip apples on stick into hot syrup. Drain on unglazed paper.

665 HONEY FUDGE

2 cups brown sugar
⅓ cup honey
⅓ cup water
2 egg whites
1 teaspoon vanilla

Method:—Boil sugar with honey and water until it "hairs"; add vanilla. Remove from fire and pour syrup over well beaten egg whites, beating continuously. Drop in small pieces on waxed paper.

666 MILK TOFFEE

2 cups brown sugar
1 cup condensed milk
¼ lb. butter
6 drops vanilla

Method:—Melt butter in saucepan and, when it bubbles, stir in sugar slowly, with wooden spoon; add milk, stirring constantly. Boil quickly for 5 minutes, add vanilla and remove from fire. Pour into well-buttered tin and, before quite cool, mark off into squares with knife. If desired, squares may be wrapped in grease-proof paper.

SAUCES

PUDDING SAUCES

667 HARD SAUCE

½ cup butter
2 cups powdered or confectionery sugar (sifted)
½ teaspoon vanilla
¼ teaspoon lemon extract

Method:—Cream butter; gradually add sugar and flavorings. Mix thoroughly.

668 VANILLA CREAM SAUCE FOR STEAMED PUDDINGS

1 cup fruit sugar
½ cup butter
8 tablespoons cream
½ teaspoon vanilla

Method:—Cream butter with sugar; add cream and place in bowl over hot water; stir constantly until creamy; add vanilla. Serve hot.

669 BROWN SUGAR SAUCE

½ cup brown sugar
1½ tablespoons Purity Flour
½ teaspoon vanilla
1 cup boiling water
1 tablespoon butter
⅛ teaspoon salt

Method:—Sift flour with sugar and salt; add water and cook until smooth. Remove from heat, add butter and vanilla. Serve hot.

670 LEMON SAUCE

⅝ cup white sugar
1¼ cups boiling water
1¼ tablespoons cornstarch
1½ tablespoons butter
1½ tablespoons lemon juice
Few grains nutmeg

Method:—Mix sugar and cornstarch; add water gradually; boil 5 minutes. Remove from heat and add butter, lemon juice and nutmeg.

671 ORANGE SAUCE

Whites of 3 eggs
1 cup fruit sugar
Grated rind of 2 oranges
½ cup orange juice
2 tablespoons lemon juice

Method:—Beat whites of eggs until stiff; gradually add sugar, beating constantly. Add orange rind and fruit juices.

672 FRUIT SAUCE

1 cup fruit syrup
1 tablespoon cold water
1 tablespoon Purity Flour
¼ cup fruit

Method:—Heat syrup; add gradually, flour mixed with cold water and cook until smooth. Remove from heat and add fruit, finely cut. Serve with plain pudding or plain boiled rice.

673 CUSTARD SAUCE

1 cup milk
1 egg or 2 egg yolks
2 tablespoons white sugar
¼ teaspoon flavoring
⅛ teaspoon salt

Method:—Bring milk to boiling point in double boiler. Gradually add beaten egg or egg yolks and sugar

and cook until sauce coats spoon, stirring constantly. Cool; add salt and flavoring. (Strain if necessary.)

For baked custard, set in pan of water and bake in slow oven of 225 degrees for half an hour.

674 MAPLE SAUCE

1 tablespoon maple syrup
½ cup whipping cream
1 egg white

Method:—Combine maple syrup with whipped cream and stiffly beaten egg white.

675 RICH CHOCOLATE SAUCE

1½ cups boiling water
½ cup white or brown sugar
6 tablespoons grated chocolate or ⅓ cup cocoa
1½ tablespoons cornstarch
½ cup cold water
⅛ teaspoon salt
½ teaspoon vanilla

Method:—Make syrup by boiling sugar and water 5 minutes. Mix chocolate or cocoa and cornstarch with cold water and add to syrup. Add salt and boil 3 minutes. Flavor with vanilla and serve hot or cold.

676 FOAMY HOT SAUCE (1)

1½ teaspoons cornstarch
½ cup white sugar
1 cup boiling water
1 egg white
1 teaspoon vanilla

Method:—Gradually pour boiling water over sugar sifted with cornstarch; boil 5 minutes; then pour on to stiffly beaten egg white, add vanilla and beat well. Serve hot.

677 FOAMY HOT SAUCE (2)

¼ cup butter
2 egg whites
1 cup powdered sugar
½ cup sherry or 1 teaspoon vanilla
½ cup boiling water

Method:—Cream butter; add sugar gradually and beat until white. Add 1 unbeaten egg white, then 1 stiffly beaten egg white, and beat until light. Just before serving add water and sherry or vanilla; place in double boiler and stir, over heat, until foamy.

678 CREAM PUDDING SAUCE

1½ cups cream
Whites of 2 eggs
½ cup white or brown sugar
¼ teaspoon vanilla

Method:—Bring cream to boiling point in double boiler. Add sugar; then pour slowly on to stiffly beaten egg whites. Add vanilla and beat thoroughly.

679 HONEY WHIPPED CREAM

1 cup whipping cream
¾ cup honey
½ tablespoon lemon juice

Method:—Whip cream; add honey and lemon juice and beat until stiff.

680 LEMON BUTTER SAUCE

¾ cup white sugar
2 tablespoons light corn syrup
¼ cup water
2 teaspoons butter
1 tablespoon lemon juice

Method:—Boil sugar, syrup and water 5 minutes. Remove from heat, add butter and lemon juice.

VEGETABLE SAUCES

681 WHITE SAUCE

2 tablespoons Purity Flour
1½ tablespoons butter
½ teaspoon salt
⅛ teaspoon white pepper
1 cup milk

Method:—Melt butter; blend in flour and seasonings; add milk gradually. Bring to boiling point, stirring constantly to avoid lumping, and cook until thick.

NOTE:—½ cup each of vegetable stock and milk may be used instead of 1 cup milk.

682 CHEESE SAUCE

Add ⅛ cup grated cheese to White Sauce.

683 PARSLEY SAUCE

Add 4 tablespoons parsley chopped finely, to White Sauce.

MEAT SAUCES

684 SPANISH SAUCE

2 tablespoons butter or shortening
2 tablespoons Purity Flour
1 cup strained tomato juice
3 tablespoons chopped cooked ham
3 tablespoons chopped cooked celery
2 tablespoons chopped cooked carrots
1½ tablespoons chopped onion
Few grains black or cayenne pepper
½ teaspoon salt

Method:—Melt shortening or butter, add onion and fry until light brown; add flour and seasonings; mix well. Add tomato juice and bring slowly to boiling point, stirring constantly. Add ham, celery and carrots. Serve with roast beef or beefsteak.

685 MUSTARD MEAT SAUCE

1 tablespoon butter
1 tablespoon Purity Flour
1 cup soup stock
½ teaspoon salt
2 tablespoons prepared mustard

Method:—Melt butter and add flour; add stock, gradually. Season and cook for 5 minutes, stirring constantly.

686 HORSERADISH SAUCE

3 tablespoons fine cracker crumbs
⅓ cup grated horseradish
1½ cups milk
2 tablespoons butter
½ teaspoon salt
Few grains cayenne

Method:—Drain liquid from horseradish; add milk and crumbs to horseradish and cook in double boiler 20 minutes; then add butter and seasonings. Serve with boiled beef.

687 CRANBERRY SAUCE

3 cups cranberries
1¼ cups white sugar
1 cup boiling water

Method:—Pick over cranberries, wash and place in saucepan, add sugar and water. Cover and boil 10 minutes. (Care must be taken that cranberries do not boil over.) Skim and cool.

688 HOLLANDAISE SAUCE

3 tablespoons butter
2 egg yolks
⅓ cup boiling water
1 tablespoon lemon juice
Few grains cayenne
¼ teaspoon salt

Method:—Cream butter, add beaten egg yolks, seasonings and water; simmer in double boiler until thick, stirring constantly. Remove from heat, and add lemon juice. Serve at once.

Note:—If mixture curdles, add 1 tablespoon cream and beat thoroughly.

689 TOMATO SAUCE

2 cups tomatoes
1 onion
1 tablespoon Purity Flour
1 tablespoon butter
¼ teaspoon salt
⅛ teaspoon pepper

Method:—Simmer tomatoes, onion, salt and pepper. Strain through sieve; add butter and flour mixed with a little water. Cook until smooth.

690 MINT SAUCE

¼ cup mint leaves, finely chopped
¼ cup water
¼ cup vinegar
2 tablespoons white sugar

Method:—Mix water, vinegar and sugar and heat until sugar is dissolved; pour over mint, and let stand at least 30 minutes.

FISH SAUCES

691 WHITE FISH SAUCE

6 tablespoons Purity Flour
3 tablespoons butter
1 cup fish stock
Slice of onion
½ cup milk
Salt and pepper to taste
1 bay leaf
Lemon juice

Method:—Boil stock, milk, bay leaf and onion for 5 minutes. Melt butter in saucepan, add flour and stir over fire for a few minutes (do not brown). Gradually add stock and milk, and simmer for 10 minutes, stirring constantly. Strain, add seasonings and a few drops lemon juice.

692 OYSTER SAUCE

Add ⅛ cup oyster juice to 1 cup White Fish Sauce and bring to boiling point; remove from heat and add 6 oysters, blanched and quartered.

693 CAPER SAUCE

Add ⅛ cup capers to White Fish Sauce.

694 EGG AND PARSLEY SAUCE

Add 2 eggs boiled hard, 1 tablespoon chopped parsley and ½ tablespoon vinegar to White Fish Sauce.

695 SAUCE TARTARE

1 cup salad oil
1 egg yolk
Juice of ½ lemon
1 tablespoon parsley (finely minced)
1 tablespoon onion (finely minced)
1 tablespoon capers, minced
1 dill pickle (finely minced)
Paprika
Salt

Method:—Pour half the oil slowly on to egg yolk in bowl, beating constantly until mixture begins to thicken; then add, alternately, in small quantities, lemon juice and remainder of oil, beating continuously. Add seasonings and minced ingredients. Chill.

696 TOMATO SAUCE

½ cup tomatoes
½ minced onion
3 green peppers
1 tablespoon butter
1 tablespoon Purity Flour

Method:—Stew tomatoes, onion and peppers for 10 minutes. Strain. Melt butter, add flour, then add tomato mixture and cook until thick. Pour sauce over fish, and serve.

697 MELTED BUTTER SAUCE

3 tablespoons butter
1 cup fish stock
3 tablespoons Purity Flour
¼ teaspoon salt
⅛ teaspoon pepper

Method:—Melt butter in saucepan. Add flour; then add stock gradually. Stir, bring to boiling point, and add salt and pepper.

Note:—This sauce may be used for vegetables by substituting cold water for fish stock.

698 CHEESE SAUCE

1 cup grated cheese
2 tablespoons butter
½ teaspoon mustard
⅛ teaspoon pepper
¼ teaspoon salt
2 tablespoons Purity Flour
½ teaspoon Worcestershire Sauce
1½ cups milk
1 egg

Method:—Melt butter in saucepan; add cheese and flour. Cook thoroughly, then add mustard, salt, pepper, Worcestershire Sauce and milk. Bring to boiling point and add slightly beaten egg. Pour over fish in hot dish and serve.

699 BREAD SAUCE

1 cup stale bread crumbs
2 cups milk
2 tablespoons onion (chopped)
2 tablespoons butter
6 cloves
½ teaspoon salt
Few grains cayenne

Method:—Tie onion and cloves loosely in cheesecloth and cook with bread crumbs and milk in double boiler for 30 minutes; then remove onion and cloves. Add seasonings and butter. Serve with fish or meat.

PRESERVING AND CANNING OF FRUIT AND VEGETABLES

The equipment required for canning is a wash boiler or similar container with tight-fitting top and wire rack, made to contain as many jars as boiler will hold (usually 6 to 10 jars). Rubbers should be new and of best quality. Boilers should be filled with sufficient warm water to cover jars half way up.

1. Canning or Cold Pack:—Fill jars with blanched and uncooked fruit or vegetables. Pour boiling water or syrup over contents; screw tops on loosely, and cook according to time-table below. Remove jars, screw tops tightly, and turn upside down to test for leakages.
2. Scalding or Blanching:—Place fresh fruit or vegetables in boiling water for 2 to 6 minutes, so that skins may be removed easily.
3. Cold Dip:—Plunge fruit or vegetables from boiling water into cold water. Let stand 2 to 5 minutes to preserve color.
4. Sterilize jars thoroughly and have utensils scrupulously clean, as this is a very important part of canning.
5. Fruit or vegetables should be strictly fresh (never can peas or corn that are over 5 hours old).
6. Add 1 teaspoon of salt to each quart of boiling water for vegetables.

TIME SCHEDULE—ONE QUART JAR

Product	Preparation	Scald or Blanch	Cold Dip	Time; Sterilize or Cooking
Strawberries	Hull and wash	None	No	16 mins.
Cherries, Sour	Wash and remove pits	"	"	16 "
Cherries, Sweet	Wash and remove pits	"	"	20 "
Pineapple	Peel, remove eyes, cut into cubes	"	"	30 "
Plums	Pick over and wash	"	"	20 "
Pears	Pare, halve, and remove core	"	"	20 "
Raspberries	Pick over carefully	"	"	15 "
Rhubarb	Wipe and cut in ½-inch pieces	"	"	16 "
Peaches	Halve and remove stones	1 or 2 mins.	Yes	20 "
Apricots	Halve and remove pits	1 or 2 "	"	20 "
Tomatoes	Fill jars with tomato juice instead of water	1 to 3 "	"	22 "
Asparagus	Wash and tie in uniform bundles, or cut in ½-inch lengths	2 to 4 "	"	2 hrs.
Beans, Lima or String	Remove stems and blossom ends	5 "	"	2 "
Peas	Shell	5 "	"	2 "
Carrots	Wash, scrape and cut in desired pieces	6 "	"	1½ "
Corn	Remove husks	20 mins. on cob	"	2 "

Syrup for Fruit:—Boil 6 cups white sugar with 4 cups of water for 5 minutes.

700 CANNED CHICKEN, VEAL OR GAME

Cut meat into desired pieces and boil until it can be removed from bones. Remove meat from liquid and pack it into quart jars. Boil stock down to one half, add teaspoon of salt to each jar of meat, fill jars with stock, adjust rubbers and tops and sterilize 3½ hours. When cooked, tighten tops and turn upside down. (Uncooked meat may be canned by same method, using boiling water instead of stock.)

PURITY FLOUR
BEST FOR ALL YOUR BAKING

For canning beef, mutton, lamb or pork, use same process as for chicken, etc.

701 CITRON PRESERVES

1 lb. citron
1 lb. white sugar
½ teaspoon ginger

Method:—Slice citron, peel, remove seeds; cut into cubes, add sugar and let stand overnight. Bring to boiling point, add ginger tied in cheesecloth and simmer until clear. Remove ginger. Seal in sterilized jars. (Watermelon may be preserved by following same method.)

702 BLACK CURRANT JAM

1 lb. currants
1 lb. white sugar
½ cup cold water

Method:—Wash currants; remove stems. Place fruit in preserving kettle; add water and bring to boiling point. Simmer for 20 minutes; then add sugar and boil for about 30 minutes or until thick, stirring frequently. Seal in sterilized jars.

703 GOOSEBERRY JAM

1 lb. gooseberries
1 lb. white sugar

Method:—Remove stems and blossoms from berries. Weigh, wash and place in preserving kettle. Cover with boiling water; let stand 10 minutes. Drain. Add sugar and cook until thick. Seal in sterilized jars.

704 CARROT JAM

1 lb. carrot pulp
Strained juice of 2 lemons
Grated rind of 1 lemon
1 lb. white sugar
6 chopped bitter almonds

Method:—Wash and scrape carrots and cut into pieces; place in preserving kettle with water to cover and simmer until tender. Drain well, press through sieve, weigh pulp and replace in preserving kettle. Add sugar, lemon juice and rind. Bring to boiling point and boil for 5 minutes, stirring and skimming frequently; then add almonds. Seal in sterilized jars.

705 RASPBERRY OR STRAWBERRY JAM

1 lb. raspberries or strawberries
1 lb. white sugar

Method:—Pick over berries; mash, and bring slowly to boiling point; boil 20 minutes, stirring frequently; then add sugar and cook 15 minutes longer or until thick. Seal in sterilized jars.

706 GRAPE MARMALADE

7 cups sifted grape pulp
2 cups grape skins
4½ cups white sugar
1 lb. chopped walnuts
1 lb. chopped raisins

Method:—Wash grapes, remove from stems and separate pulp from skins. Cook pulp until soft, press through sieve and place pulp and skins in preserving kettle; add raisins and sugar. Cook for 20 minutes or until thick, stirring frequently. Add

walnuts 5 minutes before removing from heat. Pour into sterilized glasses. Seal when cold with paraffin.

707 ORANGE MARMALADE

12 oranges
3 lemons
9 cups cold water
12 cups white sugar

Method:—Slice fruit very thinly, discarding rinds of 3 oranges and 1 lemon. Pour water over fruit and let stand overnight; then bring to boiling point, add sugar, and simmer until syrup jells. Pour into sterilized glasses. When cold, seal with paraffin.

708 GRAPEFRUIT MARMALADE

1 grapefruit
1 orange
1 lemon
10 cups white sugar
Cold water

Method:—Wash fruit and slice very thinly; measure, and place in earthen dish. Add 3 times as much water as fruit. Let stand 24 hours; then bring to boiling point and boil 10 minutes. Let stand another 24 hours, add sugar and boil until syrup jells. Pour into sterilized glasses, and when cold, seal with paraffin.

709 PEACH OR APRICOT MARMALADE

Blanch fruit; remove skins and stones; chop, measure and place in preserving kettle, then add ⅔ cup white sugar to each cup fruit. Stir well and bring to boiling point slowly. Simmer until thick. Pour into sterilized glasses and, when cold, seal with paraffin.

710 RHUBARB MARMALADE

4 cups rhubarb, cut finely
2 cups white sugar
1 cup chopped walnuts

Method:—Boil rhubarb and sugar until thick (do not add water). Add nuts. Place in sterilized glasses and when cold, seal with paraffin.

711 PINEAPPLE AND APRICOT CONSERVE

3 cups dried apricots
1 large tin sliced pineapple
3 cups white sugar
Juice of ½ lemon
4½ cups cold water

Method:—Wash apricots and soak in water overnight. Cut pineapple slices into quarters and add with juice to apricots. Simmer until tender, stirring frequently. Add sugar and cook 10 minutes; then add lemon juice and cook 5 minutes longer. Pour into sterilized glasses and when cold seal with paraffin.

712 PEACH CONSERVE

3 oranges
6 lbs. peaches
5 lbs. white sugar
1 cup seeded raisins, chopped
1 cup walnuts, chopped

Method:—Wash oranges (do not peel) and slice thinly. Blanch peaches, peel and cut into pieces. Place fruit in preserving kettle, add sugar and raisins and bring slowly to boiling point. Cook until thick, stirring frequently, then add nuts. Cool. Pour into sterilized glasses and seal with paraffin.

713 CRANBERRY JELLY

4 cups cranberries
2 cups white sugar
1 cup cold water

Method:—Pick over cranberries, wash and cook with water until skins burst; press through a strainer, add sugar and stir until it is dissolved, then cook without stirring for 5 minutes, or until it jells. Pour into moulds or glasses which have been wet with cold water. Cool and seal with paraffin.

714 BLACK OR RED CURRANT JELLY

Black or red currants
White sugar

Method:—Wash and stem 4 quarts currants. Place in preserving kettle and add 1 cup water. Bring to boiling point (breaking a few berries to start juice); stir frequently. Boil 20 minutes; pour in jelly bag and let drip (do not squeeze). Place juice in kettle, reheat and boil 4 minutes. Measure juice, then add 1 cup sugar to each cup juice. Cook, skimming frequently, until jelly stage is reached (test by placing a drop of syrup on cold plate—it holds its shape when ready for bottling). Pour into sterilized glasses. Cool, and seal with paraffin.

715 GRAPE JELLY

Wash grapes, remove from stems and mash; boil 20 minutes. Pour into jelly bag and let drip overnight; then boil juice for 20 minutes. Measure and add 1 cup white sugar to 1 cup juice and boil 3 minutes. Place in glasses. Cool, and seal with paraffin.

716 CRABAPPLE JELLY

Wipe apples; remove stems and cut apples in halves. Place in preserving kettle. Add enough cold water to almost cover apples. Cover and cook slowly until apples are soft. Pour into jelly bag and let drip over night; then bring to boiling point and boil 20 minutes. Measure, add ¾ cup white sugar (heated) to 1 cup liquid. Boil 5 minutes. Skim and pour into sterilized jars and let stand 24 hours. Seal with paraffin.

717 CRYSTALLIZED GINGER, FRUIT PEELS AND CENTRES

Boil 2 cups white sugar with ½ cup cold water, in covered dish, for 2 minutes. Remove from fire very gently, uncover, and let stand until cold. Place ginger, peel or fruit centres in pan in rows, separated. Cover with cold syrup and lay dampened cheesecloth on top of syrup (cheesecloth will float and absorb any crystals which may form). Let stand for 8 hours, remove cheesecloth, then pour into large sieve and drain. When dry the fruit will be covered with fine white crystals.

PICKLES

718 TOMATO CATSUP

½ bushel ripe tomatoes
4 large onions
Small piece root ginger
1 tablespoon whole allspice
1 tablespoon whole cloves
4 tablespoons stick cinnamon (broken)
1 teaspoon cayenne
⅓ cup salt
4 cups brown sugar
2½ cups vinegar

Method:—Wash and cut tomatoes, add onions and cook until soft. Press through sieve; add sugar, salt, cayenne, vinegar, and spices tied loosely in cheese cloth. Simmer for 3 to 4 hours or until thick, stirring occasionally. Remove spices; seal in sterilized bottles.

719 CHILI SAUCE (1)

15 tomatoes
2 heads celery
1 cup white or brown sugar
4 large onions
1 cup vinegar
2 tablespoons salt.

Method:—Wash vegetables; peel onions; scald tomatoes and remove skins; add celery and chop all finely; then add vinegar, salt and sugar. Boil 3 to 4 hours or until thick. Seal while hot in sterilized jars.

720 CHILI SAUCE (2)

30 large ripe tomatoes
4 green peppers
10 medium-sized onions
6 large apples
3 cups vinegar
4 tablespoons salt
1 cup white or brown sugar
1 teaspoon cloves
1 teaspoon cinnamon

Method:—Wash and peel tomatoes and onions; peel and core apples; remove seeds and tongues from peppers. Cut tomatoes and chop onions, apples and peppers. Add vinegar, salt, sugar and spices and boil for 2 hours. Seal in sterilized jars.

721 TOMATO CHUTNEY

6 lbs. ripe tomatoes
3 lbs. cooking apples
4 tablespoons salt
1 cup brown sugar
6 cups vinegar
6 cloves
2 tablespoons ground ginger
2 tablespoons mustard seed

Method:—Scald tomatoes, remove skin, cut into slices; add vinegar, salt and apples, peeled, cored and chopped finely. Cook until soft and rub through sieve. Add sugar, ginger, cloves and mustard seed, and simmer 30 to 45 minutes. Pour contents into a jar, cover and let stand in a warm place for about 3 days; then seal in sterilized jars.

722 TOMATO BUTTER

10 lbs. tomatoes
2 tablespoons whole cinnamon
1 tablespoon allspice
1 tablespoon cloves
5 cups brown sugar
2 cups vinegar
3 tablespoons salt

Method:—Scald tomatoes, remove skins, and slice. Add vinegar, salt and sugar and boil, with spices tied in muslin cloth, for 3 hours or until mixture is quite thick. Stir frequently to prevent burning. Seal in sterilized jars.

723 CELERY SAUCE

30 ripe tomatoes
2 or 3 red or green peppers
4 heads celery
4 onions
4 cups vinegar
1 cup white sugar
4 tablespoons salt

Method:—Wash vegetables; peel tomatoes and onions; remove seeds and tongues from peppers; add celery and chop finely; then add salt, sugar and vinegar. Boil 1½ hours or until thick. Seal in sterilized jars.

724 GREEN TOMATO RELISH

1 peck green tomatoes
6 onions
4 cups vinegar
4 cups white or brown sugar
1 teaspoon cinnamon
2 tablespoons salt
2 tablespoons mustard
2 tablespoons tumeric
1 tablespoon pepper
1 teaspoon ground cloves

Method:—Wash tomatoes and onions; peel and chop. Add vinegar, sugar, salt, pepper, spices, and mustard mixed with a little cold vinegar, and cook for 3 hours. Seal while hot in sterilized jars.

725 PICCALILLI

1 peck green tomatoes
2 quarts green peppers
1 medium-sized cabbage
1 head celery
1½ cups brown sugar
1½ cups white sugar
2 onions
¾ cup salt
2 tablespoons mustard seed
2 ozs. cinnamon stick
2 tablespoons whole cloves
2 tablespoons whole allspice
Vinegar

Method:—Wash vegetables, remove seeds and tongues from peppers; peel onions; quarter cabbage and remove heart. Put vegetables through food chopper, using large plate. Sprinkle alternate layers of vegetables with salt; cover and let stand overnight. Drain, then add sugar, mustard seed and remaining spices tied in cheese cloth; cover vegetables with vinegar and boil 30 minutes; remove spices. Seal in sterilized jars.

726 GREEN TOMATO PICKLE

1 peck green tomatoes
½ peck onions
Salt
8 cups brown sugar
8 cups vinegar
1 tablespoon ground cinnamon
1 tablespoon ground cloves

Method:—Wash tomatoes and onions; slice and sprinkle with salt. Let stand overnight, then drain, add vinegar, sugar and spices and boil until tender. Seal in sterilized jars.

727 APPLE CHUTNEY

10 cups apples
2¼ cups brown sugar
2 cups sultana raisins
2 tablespoons salt
1 tablespoon mustard seed
1 tablespoon ground ginger
½ tablespoon garlic (bruised)
¼ teaspoon cayenne
2 cups vinegar

Method:—Wipe, core, peel and cut apples into thick slices; add vinegar and sugar; simmer until apples are reduced to pulp; then add raisins, spices and seasonings. Mix well and place in bowl. Cover and let stand 1 week, stirring 2 or 3 times daily. Seal in sterilized bottles.

728 MUSTARD BEAN PICKLE

1 peck beans
6 cups vinegar
1 cup mustard
1 cup Purity Flour
5 cups white sugar
2 teaspoons tumeric
2 tablespoons celery seed

Method:—Wash beans. Remove tips and strings; cut into pieces. Cook in boiling salted water 15 minutes, then drain. Bring vinegar to boiling point. Mix sugar, flour and spices and add vinegar gradually; cook until thick. Add beans and cook 5 minutes longer. Seal in sterilized jars.

729 PEPPER RELISH

12 green peppers
12 red peppers
12 onions
4 cups vinegar
2 cups white sugar
4 tablespoons salt
2 tablespoons mustard seed

Method:—Wash and peel onions; remove seeds and tongues from peppers; put through food chopper. Cover with boiling water and let stand 30 minutes, then drain. Stir in vinegar, sugar, salt and mustard seed and boil 15 minutes. Seal in sterilized jars.

730 PICKLED RED CABBAGE

1 firm red cabbage
Salt
4 cups vinegar
1 tablespoon whole black pepper
½ tablespoon allspice

Method:—Wash cabbage; remove outer leaves; cut into quarters and remove heart, then shred finely. Place in dish, sprinkle with salt and let stand overnight; then drain through colander and place in crock. Boil vinegar with pepper and allspice, tied in cheesecloth bag, for 5 minutes. Pour over cabbage. Seal in sterilized jars.

731 BEETROOT PICKLE

6 medium-sized beets
4 cups vinegar
1 tablespoon grated horseradish
1 tablespoon whole black pepper
1 tablespoon allspice
½ teaspoon salt

Method:—Wash beets thoroughly (do not break skins). Bake in moderate oven of 350 degrees for 1½ hours. Cool. Remove skins, cut in ½ inch slices and pack in jars. Mix vinegar with horseradish, pepper, salt and spice and bring to boiling point. Cool, then fill jars and seal.

732 CORN RELISH

12 cobs corn
1½ cups white sugar
2 tablespoons salt
1½ tablespoons Purity Flour
4 onions
2 sweet red peppers
1 small cabbage
1 tablespoon mustard
1 teaspoon tumeric
4 cups vinegar

Method:—Wash vegetables. Peel onions; remove seeds and tongues from peppers; cut cabbage into quarters; remove heart; put all through food chopper. Cut corn from cob; add to vegetables, then add 3 cups vinegar, sugar and salt; bring to boiling point; mix mustard, flour and tumeric powder in remaining cup of vinegar; add to relish and boil 30 minutes. Seal while hot in sterilized jars.

733 SWEET PICKLED PEACHES

1 peck peaches
8 cups brown sugar
4 cups mild vinegar
1 oz. stick cinnamon
Whole cloves

Method:—Make syrup by boiling vinegar, sugar and cinnamon for 10 minutes. Blanch peaches and remove skins. Stick each fruit with 4 cloves and cook a few at a time in syrup until soft. Fill sterilized jars and pour boiling syrup over them. Seal while hot.

Pears or crabapples may be pickled by the same method but should not be blanched.

734 KENTUCKY RELISH

12 large cucumbers
1 cauliflower
2 quarts onions
½ tablespoon tumeric
½ cup mustard
5 green peppers
8 cups brown sugar
8 cups vinegar
½ tablespoon mustard seed
¾ cup Purity Flour
1 tablespoon salt

Method:—Wash vegetables. Peel cucumbers and onions; remove seeds and tongues from peppers; break cauliflower into pieces; put all through food chopper. Add vinegar, mustard seed, salt and sugar, and mustard, tumeric and flour mixed with a little vinegar. Bring to boiling point and boil 15 minutes, stirring frequently.

735 MUSTARD PICKLES (1)

1 quart large cucumbers, chopped
1 quart large onions, chopped
6 green peppers, chopped
1 red pepper, chopped
1 quart small cucumbers, whole
1 large cauliflower

Method:—Wash vegetables, peel onions; remove tongues and seeds from peppers; remove stem ends from large cucumbers; cut cauliflower into pieces and cover all with hot brine (½ cup salt to 4 cups water). Let stand overnight. Drain and cover with the following dressing:

Dressing

8 cups vinegar
8 cups white sugar
1 tablespoon white mustard seed
1 tablespoon celery seed
¼ cup mustard
⅞ cup Purity Flour
½ tablespoon tumeric

Method:—Mix flour, mustard and tumeric with 1 cup cold vinegar. Bring remainder of vinegar to boiling point; add sugar and spice; then add flour mixture, slowly, stirring constantly. Boil 5 minutes. Seal in sterilized jars.

736 MUSTARD PICKLES (2)

3 quarts small onions
1 cauliflower
3 quarts gherkins or small cucumbers cut in pieces

Method:—Place onions and cucumbers in cold brine (½ cup salt to 4 cups water), and place cauliflower in hot brine; cover. Let stand overnight. Drain well, and cover with following dressing:

Dressing

1 cup Purity Flour
2 tablespoons tumeric
1 tablespoon mustard
2 tablespoons celery seed
2 cups white sugar
8 cups vinegar

Method:—Mix flour with tumeric, mustard, celery seed and sugar; add vinegar and bring to boiling point; cook until thick. Pour while hot over pickles. Seal in sterilized jars.

737 CHOPPED PICKLE

8 large cucumbers
1 head cabbage
12 large onions
2 red peppers
2 green peppers
8 cups vinegar
4 cups brown sugar
2 tablespoons mustard seed
4 tablespoons celery seed
1 teaspoon tumeric

Method:—Wash vegetables; peel onions; remove seeds and tongues from peppers. Cut cabbage into quarters and remove heart; remove stem ends from cucumbers; put all through food chopper. Soak 30 minutes in brine (½ cup salt to 4 cups boiling water). Drain for 3 hours; then add vinegar, sugar, mustard and celery seed, and tumeric mixed with a little vinegar; boil 20 minutes. Seal, while hot, in sterilized jars.

738 RIPE CUCUMBER PICKLES

3 quarts ripe cucumbers
1 teaspoon mustard
⅛ teaspoon cayenne
½ teaspoon tumeric
½ teaspoon allspice
½ teaspoon cloves
1 teaspoon cinnamon
4 cups vinegar
2 cups white sugar

Method:—Wash, peel and cut ripe cucumbers in halves; remove seeds; cut in pieces 2 inches long. Soak overnight in brine (½ cup salt to 4 cups water), drain, then pack in sterilized jars. Place spices in cheesecloth bag, boil with vinegar and sugar for 3 minutes, pour over cucumbers in jars, and seal.

739 MOTHER'S PICKLES

1 quart cabbage, chopped finely
1 quart boiled beets, chopped finely
1 tablespoon salt
1 teaspoon pepper
1 cup grated horseradish
½ teaspoon red pepper
2 cups white sugar

Method:—Combine ingredients; cover with cold vinegar; place in jars and seal.

740 INDIAN PICKLES

1 gallon vinegar
1 cup salt
2 cups white or brown sugar
1 tablespoon curry powder
⅓ cup mustard
1 teaspoon cloves
1 teaspoon red pepper
2 tablespoons tumeric

Method:— Mix curry powder, mustard and tumeric with a little vinegar; combine ingredients and add vegetables, stirring once every day for a week. This quantity is sufficient for 100 cucumbers, 1 cauliflower and 1 quart onions. Vegetables may be added daily, fresh from garden.

741 SWEET GHERKINS

Sprinkle ¾ cup salt over 6 quarts gherkins. Cover with boiling water and let stand overnight. Drain and dry thoroughly. Place in crock and cover with following mixture:

½ gallon vinegar
5 tablespoons mustard mixed with a little vinegar
4 tablespoons salt
½ cup mixed pickling spice
4 tablespoons white sugar

Method:—Mix well and stir into cucumbers thoroughly. Set in cool place. Add 6 cups sugar, ½ cup each day, stirring each time sugar is added. Let stand 2 or 3 days longer; then seal in sterilized jars.

742 FRUIT RELISH

20 ripe tomatoes
8 pears
8 peaches
4 cups white sugar
2 teaspoons salt
2 red peppers
2 teaspoons whole spice tied in cheesecloth bag
4 cups vinegar

Method:—Wash vegetables and fruit. Blanch tomatoes and peaches and remove skin; peel pears and remove tongue and seeds from peppers. Chop (not too finely) and add sugar, vinegar, spices and salt. Boil slowly for 2 hours. Seal, while hot, in sterilized jars.

743 BORDEAUX SAUCE

1 gallon green tomatoes
4 green peppers
1 cabbage
10 onions
1 cup salt
1 tablespoon celery seed
¼ lb. mustard seed
1 tablespoon curry powder
4 cups vinegar
1 tablespoon tumeric

Method:—Chop tomatoes, peppers, cabbage and onions finely; add salt. Mix together and let stand overnight. Drain, place in kettle, add vinegar, mustard and celery seed, and curry powder and tumeric mixed with a little vinegar. Boil 1 hour. Seal, while hot, in sterilized jars.

MENU SUGGESTIONS

CHRISTMAS

Grapefruit
Roast Duck Individual Red Currant Jelly
Riced Potatoes Buttered Beets
Jellied Tomato Salad
Purity Carrot Pudding Purity Mince Pie
Ginger Ale Coffee

Tomato Bouillon
Salmon Cutlets with Sauce Tartare
Beet and Cucumber Salad
Roast Chicken Bread Sauce
Parsnips au Gratin Potato Croquettes
Purity Raisin or Mince Pie
Tea Coffee

Tomato Soup
Roast Turkey Chestnut Dressing
Cranberry Sauce Creamed Potatoes
Buttered Peas and Carrots Celery Hearts
Purity Christmas Pudding
Purity Mince Pie
Tea Coffee

Fruit Cocktail
Roast Goose Apple Sauce
Sweet Potatoes Creamed Cauliflower
Lettuce Salad
Purity Mince Pie
or
Purity Sponge Cake with Jellied Fruit
Nuts Raisins
Tea Coffee

NEW YEAR'S

Oyster Cocktail
Julienne Soup Crab Meat in Ramekins
Roast Goose Apple Sauce
Glazed Sweet Potatoes Buttered Turnips
Nesselrode Pudding Purity Little Queens
Tea Coffee

Cream of Spinach Soup
Jellied Chicken Potatoes
Buttered Beets Creamed Celery
Purity Twin Apple Pie
Purity Christmas Pudding
Tea Coffee

THANKSGIVING

Grapefruit
Creamed Chicken or Turkey
in Purity Patty Shells
Red Currant or Cranberry Jelly
Stuffed Celery
Jellied Fresh Fruit Purity Sponge Cake
Coffee

Cream of Tomato Soup
Roast Turkey Cranberry Sauce
Mashed Potatoes Buttered Beets
Creamed Peas Giblet Gravy
Purity Christmas Pudding
or
Individual Pumpkin Pies
Nuts Raisins
Coffee

Vegetable Soup
Roast Goose Apple Sauce
Baked Potatoes Gravy
Baked Squash Buttered Turnips
Purity Mince or Raisin Pie
or
Ice Cream and Ice Box Cookies
Cider Coffee

SUNDAY DINNER

Tomato Bouillon
Roast Leg of Pork Glazed Sweet Potatoes
Cauliflower au Gratin
Apple, Celery and Nut Salad
Purity Hot Biscuits
Lemon Pie Tea or Coffee

Fruit Cocktail
Cold Beef and Pork Loaf Riced Potatoes
Mashed Turnips Creamed Onions
Purity Hot Biscuits
Ice Cream Cocoa Cake with Double Icing
Tea Coffee

Tomato Soup
Pot Roast Beef Creamed Potatoes
Brussels Sprouts Creamed Onions
Baked Apple Dumplings with Sauce
Tea

Vegetable Soup
Broiled Lamb Chops
Stewed Tomatoes and Corn
Stuffed Celery Creamed Onions
Purity Hot Biscuits
Mock Cherry Pie Tea or Coffee

Roast Fillet of Beef Mushroom Gravy
Buttered Cabbage Browned Potatoes
Celery Olives
Pumpkin Pie Tea or Coffee

Clear Soup
Roast Beef Yorkshire Pudding
Creamed Carrots Baked Potatoes
Lettuce Salad Bran Muffins
Fig Pudding Foamy Sauce
Tea Coffee

SIMPLE AFTERNOON TEA

Toasted Cheese and Ham Sandwiches
Jelly with Whipped Cream
Light Fruit Cake
Tea

Cinnamon Toast
Fancy Small Cakes Ice Cream
Tea

Lobster Salad
Rolled Watercress Sandwiches
Red Currant Jelly
Jellied Fruit Gold and White Cake
Tea

INFORMAL DINNER

Tomato Juice Spinach Soup
Boiled Salmon with Hollandaise Sauce
Baked Ham Baked Potatoes
Buttered Beets Buttered Asparagus
Purity Dinner Rolls
Purity Raisin Pie or
Ice Cream and Fancy Cakes
Tea Coffee

Fruit Cocktail
Chicken Pie Mashed Potatoes
Creamed Onions Mashed Turnips
Purity Graham Muffins
Purity Butter Tarts with Whipped Cream
Tea Coffee

Veal Cutlets Scalloped Potatoes
Baked Tomatoes Purity Hot Biscuits
Peach Shortcake
Tea Coffee

Pork Tenderloin
Potato Puff Creamed Peas and Carrots
Sliced Tomatoes on Lettuce
with French Dressing
Deep Apple Pie Cheese
Tea Coffee

BRIDGE LUNCHEON

Individual Chicken Pies Cranberry Jelly
Creamed Peas and Carrots
Fruit Drop Cakes Ice Cream
Coffee

Tuna Fish Salad
Purity Tea Biscuits Celery
Lemon Pudding
Oatmeal Drop Cakes and Neapolitan Cookies
Coffee

Ginger Ale
Purity Hot Rolls Shrimp Salad
Olives
Chocolate Cake Ice Cream

Oyster Patties
Purity Butterscotch Muffins Fruit Salad
Tea Coffee

PURITY FLOUR
BEST FOR ALL YOUR BAKING

EARLY MORNING WEDDING BREAKFAST

Grapefruit or Melon
Broiled Squab on Toast
Purity Parker House Rolls Currant Jelly
Coffee

WEDDING BREAKFAST
(11 a.m.)

Banana Cocktail
Olives Celery Nuts
Chicken a la King
Potato Croquettes Stuffed Green Peppers
Purity Hot Biscuits
Baked Alaska Coffee

FOR UNEXPECTED GUESTS

LUNCHEON

Shrimp Salad Mother's Pickles
Brown Bread and Butter Sandwiches
Fresh Fruit with Cream Cookies
Iced Tea

Sliced Cold Meat
Potato Salad Bread and Butter Sandwiches
Orange Jelly Oatmeal Cookies
Iced Tea

Cream of Corn Soup
Whole Wheat Toast
Baked Apples with Cream
Date and Nut Cake Tea

Spanish Rice Spinach Salad
Purity Buttermilk Biscuits
Chocolate Cake Tea

Scalloped Ham and Potatoes
Sliced Tomatoes Sweet Gherkins
Bran Muffins Blanc Mange
Tea

Baked Macaroni and Cheese Peas
Purity Dinner Rolls
Canned Pears Spanish Bun
Tea

DINNER

Broiled Steak Mashed Potatoes
Parsnips Moulded Beet Salad
Date Pudding
Tea Coffee

Roast Leg of Lamb Mint Jelly
Browned Potatoes
Peas Apple and Celery Salad
Orange Cream Pie
Tea Coffee

Pork Chops Apple Sauce
Glazed Sweet Potatoes String Beans
Raspberry Pie
Tea Coffee

Veal Loaf Scalloped Potatoes
Cabbage Salad Mustard Pickle
Upside Down Cake
Tea Coffee

Cream of Asparagus Soup
Broiled White Fish Potato Puff
Peas and Carrots Sliced Cucumbers
Peaches and Cream Canada Cake
Tea Coffee

Fried Chicken Corn on Cob
Boiled New Potatoes with Parsley
Tomato Salad
Strawberry Shortcake
Tea Coffee

PURITY FLOUR
BEST FOR ALL YOUR BAKING

HOME NURSING

For Acid Burns:—The burned part should be carefully washed with boracic solution or cold water. Lime water or a mixture of baking soda and water may be poured over the burned area to neutralize the acid. Cover the burn well with boracic ointment or carbolated petrolatum. Dress with gauze.

For Alkali Burns:—Wash as for acid burns. Lemon juice or vinegar may be poured over the burned part. Dress as directed for acid burns.

Apoplexy (or Stroke):—Send for doctor immediately. In the meantime, loosen all tight clothing and let plenty of fresh air reach the patient. Apply cold water cloths to head, hot water bottles to soles of feet and keep body warm. *Never* give patient stimulants.

Burns or Scalds:—Soak strips of clean linen in olive oil and apply to burn or scald. Cover this dressing with absorbent cotton, or flannel, to keep the air away. Do not bandage too tightly. Do not break a blister.

Choking:—When a particle of food or foreign substance lodges in the throat, causing the patient to choke, bend head well forward and strike a sharp blow between shoulder blades.

Collapse and Shock:—The patient has chills and heart action is feeble. Keep in reclining position, with the head quite low. Apply heat and rub extremities briskly. If conscious, give warm drinks, such as tea or coffee.

Convulsions in Children:—Place the child in warm mustard bath of 1 tablespoon of mustard to 5 gallons of water. Never keep child in bath longer than 10 minutes. Apply cold compresses to head. Repeat these treatments if necessary.

Fainting:—Place patient in reclining position, with head lower than the feet. Loosen clothing. Give plenty of fresh air. Bathe face and hands with ice-cold water. Hold smelling salts to nose. When patient revives, give a drink of cold water, hot tea or coffee.

Frost Bites:—Bathe the affected parts with cold water, snow or ice. Rub gently, then gradually add warm water and continue bathing.

Hemorrhage or Nose Bleeding:—Keep patient quiet, sitting in chair with head backwards. Do not blow the nose. Ice may be applied to back of neck and ice chips may be held in the mouth.

Infection:—To avoid infection, keep the following "don'ts" in mind:

1. Don't neglect a wound.
2. Don't touch open wound with fingers.
3. Don't cover with court plaster, use clean gauze.
4. Don't fail to call a surgeon if injury is serious.

Poisoning:—First send for a doctor. If lips and mouth are burned, do not give anything to cause vomiting. Try to neutralize the poison. If a strong acid has been swallowed, give alkalis, such as baking soda, powdered white crayon or soap suds; or give raw eggs, milk or oil.

Prevention of Contagion:—

1. Don't allow children in the sick-room.
2. Don't expose children unnecessarily.
3. Don't allow children to touch utensils, clothing and food from sick-room.

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